Soups / Ireland

Clear soup with lentils and kale · Ireland

A clear broth with drained cooked lentils, kale and a Ireland-inspired flavour base.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked lentils
- ☐ 600 g kale
- ☐ 1300 ml low-salt vegetable stock
- ☐ 15 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 10 ml apple cider vinegar
- ☐ salt and pepper to taste

Let's make it.

01 Clean the kale and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the kale and cook for a few minutes.

03 Add the stock and simmer until the vegetable is tender.

04 Rinse and drain the drained cooked lentils, then heat until piping hot throughout.

05 Add the cooked main ingredient to the soup and briefly reheat. Stir in the wholegrain mustard, fresh parsley, apple cider vinegar and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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