Soups / India

Clear soup with lentils and frozen peas • India

A clear broth with drained cooked lentils, frozen peas and a India-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 frozen peas
- ☐ 1300 ml low-salt vegetable stock
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the frozen peas 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 ground cumin, ground coriander seeds, ground turmeric and taste before serving.

AI-developed, not kitchen-tested.

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