

# Hearty North African Lentil Soup

Bram Lippens. Team Chef.



## Ingredients:

- 150 g onions, finely chopped
- 40 g of olive oil
- 1 tsp ground ginger
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp sweet paprika
- ¼ tsp ground black pepper, according to taste
- ½ tsp ground cinnamon
- ½ tsp ground turmeric
- ¼ tsp ground cayenne pepper
- ¼ tsp ground nutmeg
- 750 g of water mixed with two vegetable stock cubes
- 100 g of red lentils
- 800 g canned tomato (chopped)
- 1 pinch of salt, according to taste
- 2 - 3 sprigs of fresh coriander for garnish

## How to:

Heat the oil in a casserole and gently fry the onions until soft.

Add all the dry spices and the lentils, fry a little with the onions, until fragrant.

Add in the vegetable stock and the canned tomatoes to the pot.

Leave simmering until the lentils are cooked as you like. (Chefs tip: Leave lentils a bit "al dente".

The cooking time should be 45 minutes to an hour).

Garnish with some coriander. Can be served with prawns, seabass, or chicken. Or, you can serve as is, as a tasty vegetarian option.

## Enjoy!



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