

MEATLESS MONDAY: DAL SOUP

VEGAN & GLUTEN FREE

Serves: 6

Prep & Cooking Time: (*Dependent upon skill and/or the number of kitchen helpers!)

Type: Main Meal

Tools: Chopping board, sharp knife, veggie peeler, sieve, measuring jug, large pot, wooden spoon, small dish, fork

Courtesy of: Eat2Health Blog



New month, new soup! Well, maybe not strictly speaking as we've had this soup four times already! The overall costs, convenience and most of all the flavours just keep us coming back for more! You might remember our Dal from last year? If you haven't tried it yet, we thoroughly recommend that you do. This year we decided to update it, transforming it into a delicious soup! This version is not only packed full of lentils and heat, but with plenty of seasonal root vegetables and a huge spice blend. We always use a ton of spices and vegetables as were absolutely mad about both, so don't be shy- please feel free to do the same!

Ingredients

| <u>Soup Staples</u> | | <u>Flavourings, Spices & Thickeners</u> | |
|---------------------|----------------------------|---|-------------------------------------|
| 20g | Garlic clove (3 fat ones!) | 10-12g | Garam Masala |
| 200g | Brown Onion | 4g | Ground Turmeric |
| 20g | Red chilli | 6g | Ground Cumin |
| 60g | Root ginger* | 3g | Ground Coriander |
| 120g | Yellow Bell Pepper | ½ tsp | Red Chilli Flakes |
| 300g | Carrot | 5g | Brown Mustard seeds |
| 200g | Parsnips | ½ tsp | Ajwain Seeds |
| 620g | Baby Turnips | | Salt/Ground Black Pepper |
| 220g | Dried Red Lentils | 1.6L | Vegetable Stock (low salt/DF/GF) |
| 2 tbsp | Rapeseed Oil | 30g | Fresh coriander |
| 1 Tin | Plum Tomatoes | 4-5 tsp | Corn Starch |
| | | 1 tbsp | Lemon Juice |

*It adds a fiery kick, so like chillies, use as much as preferred!

Directions

1. Peel and dice the garlic and onion. Wash the chilli, remove the stem and dice it. **Tip:** Remove the chilli seeds if you prefer your dishes with a little less heat! Wash, peel and then finely cube the ginger. Wash, remove the stem and core and then finely chop the bell pepper. Wash, peel, trim the ends and then quarter the carrot and parsnip (chop smaller if preferred). Wash, peel, trim the tops and then finely chop the turnip.
2. Place the lentils into a sieve. Rinse under cold running water. Remove and discard any stones.

3. Meanwhile, place 2 tbsp oil in a large, non-stick pot over a medium-low heat. *Tip: To reduce the fat, use some low-fat cooking oil instead!* Once hot, add the garlic, onion, chilli, ginger and bell pepper. Gently fry for 1-2 mins or until softened.
4. Add the spice blend: 2 tsp garam masala, 1½ tsp ground turmeric, 2 tsp ground cumin, 1 tsp ground coriander, ½ tsp red chilli flakes, 1 tsp brown mustard seeds and ½ tsp ajwain seeds into the pot. Season it with a pinch of salt and a few grinds of black pepper. Stir to coat. Gently fry for 30 seconds or until fragrant.
5. Add the lentils, tomatoes and stock. Mix to combine. Cover with a lid. Bring the mixture to a boil. Add the carrot, parsnip and turnips. Stir to combine. Cover with the lid. Bring back to the boil. Cook and simmer for about 20 mins or until the lentils and vegetables are tender and cooked.
6. In the meantime, wash and dry the coriander; remove the leaves from its stem and roughly chop them. Place the corn starch into a small dish with equal parts water. Stir to dissolve the flour and create a 'slurry'. *Tip: Give the 'slurry' another quick whisk before adding it into the soup!*
7. Once the soup has finished cooking, pour and stir through the 'slurry'. Keep stirring until the mixture thickened slightly. Remove from the heat. Add most of the coriander (save some for a garnish) and 1 tbsp of lemon juice. Stir through. Allow the soup to cool slightly before serving. Garnish each bowl with some reserved coriander leaves, fresh lemon or whatever else takes your fancy!
8. Serve with a piece of flat bread or warmed wholemeal or GF pitta bread! Refrigerate any leftover soup in an air-tight and resealable container; reheat and consume within 3-5 days. Alternatively, store and freeze in one or more containers; defrost, reheat and consume within one month.

Enjoy!

Notes:

- We used a red Serrano chilli, but feel free to use one with less or more heat! If preferred, you can always adjust the flavourings, seasonings and ginger to your own specific taste.
- If you cannot source Ajwain seeds, you can always omit it or use a pinch of dried thyme instead.
- Per serving, this soup provides about 4 servings of fruits/vegetables towards your 5-A-Day!