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INSTANT LENTIL SOUP

Makes 2 500ml mason jars – Hands-on: 10 mins – Serves 2

3 tsp chicken stock powder*
4 tbsp cream
¼ tsp thyme
200g ready-to eat lentils, drained weight
124g jar carrots and peas, drained weight
6 Mettwurst cocktail sausages**

Put 1 ½ tsp chicken stock powder at the bottom of each 500ml jar. Add 2 tbsp of cream and half the thyme to each jar.

Top with 100g ready-to-eat lentils.

Cut the carrots into chunks and add to the jars with the peas.

Cut the Mettwurst sausages into thin slices and put into the jars.

Seal the jars and keep at room temperature until ready to eat.

Once you're ready to eat, top the jars up with boiling water, put the lid on tightly, shake and leave to steep for 3 minutes.

Pour the soups into a soup bowl or eat straight from the jar.

TIP: Make sure to keep the finished jars at room temperature before ready to eat, as a cold jar will instantly cool the soup. If it's a hot day, it's advisable not to add the cream to the jar as it could go off in the heat. Simply add it just before you pour in the boiling water.