



INDIAN-STYLE LENTIL SOUP WITH QUICK NAAN BREAD

Prep: 1 hour - Serves 4 - Easy

For the soup:

1 onion
2 carrots
1 potato
1 garlic clove
250 green lentils
2 tbsp sunflower oil
2 tsp garam masala
1 tsp ginger paste
1 tsp cumin seeds
¼ tsp chilli flakes (optional)
1,5l vegetable stock
Crème fraîche, to serve
Fresh coriander, to serve

For the naan breads:

200g flour + extra for dusting
2 tsp baking powder
¼ tsp salt
175g creamy yoghurt
1 tbsp nigella seeds or 1 tsp cumin seeds (optional)
olive oil

Start by peeling the onion, carrots and potato. Cut into small cubes and put into separate bowls. Peel and crush the garlic clove.

Rinse the lentils in cold water and set aside.

Heat 2 tablespoons of sunflower oil in a heavy-bottomed saucepan, add the onion and fry for 4 minutes until soft. Add the lentils and fry for another minute.

Add the garlic, garam masala, ginger paste, cumin seeds and chilli flakes, if using, and fry for another minute.

Add the carrots and potatoes and fry for another minute, then add the vegetable stock and bring to the boil.

Cover the saucepan with a lid and leave to simmer for 40 minutes.

While the soup is cooking, prepare the naan bread: Put all the dough ingredients into a bowl and mix with a spoon. Once the dough starts to come together, knead briefly with your hands. Leave to rest for 15 minutes.

Cut the dough into four parts. Lightly flour your work surface, roll the first piece of dough in the flour, then gently start by stretching the dough into a disc roughly the size of your hand. You can dip the dough into some more flour if it is too sticky when stretching.

Heat some olive oil in a frying pan and fry the dough discs for 2 to 3 minutes on each side, until the base is cooked and golden brown.

Serve each portion of soup with a dollop of crème fraîche, a sprinkle of coriander and a naan bread.

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