

# Curried Lentil and Spinach soup

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**Typ:** Suppe

**Quelle:** Mary Berry

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**Bemerkungen:**

**Zutaten** Serves 4 (very decent servings!)

Ingredients

2 tbsp sunflower oil  
1 onion, finely chopped  
2 carrots, diced  
2 garlic cloves, crushed  
1 ½ tsp peeled and grated fresh root ginger  
¼ tsp ground turmeric  
2 tsp garam masala  
140 g dried red lentils  
900 mL chicken or veg stock  
150 mL tomato juice alternatively chopped tomatoes from a can  
Salt and freshly ground black pepper  
50 g fresh spinach, finely chopped  
Plain, full fat yogurt, to serve

- Rezept:**
1. Heat the oil in a large pan. Add the onion and carrots and fry gently over a medium heat for 8-10 minutes, stirring occasionally, until the onion is very lightly coloured. Increase the heat to medium-high, add the garlic and ginger to the pan and fry for 1 minute more. Stir in the turmeric and garam masala.
  2. Tip in the lentils and pour in the stock and tomato juice/chopped tomatoes. Bring to boil over a high heat, then reduce the heat and simmer gently for 15-20 minutes or until the lentils and carrots are tender. The lentils should be al dente and not mushy, and in my opinion, this doesn't take that long. If the soup looks like it's thickening too quickly, pour in a little more stock. Season with salt and pepper.
  3. Remove the pan from the heat. Immediately before serving, stir most of the spinach into the soup (it should just start to wilt). Ladle the soup into warmed bowls, top with a scattering of the reserved spinach and swirl a dollop of plain yogurt into each bowl.