

Spicy Pumpkin-Carrot Soup (vegetarian)

A rich, flavorful soup with Indian themed spices that will satisfy your hunger and warm your heart. Works well as a starter or main dish.

Preparation time: **30 min** + Cooking time: **45 min** = **Total time: 1h 15min**

Serves 6 people.

- 4 tb. Vegetable oil
- 125g Red lentils
- 900ml Vegetable stock
- 400g Carrots, in slices
- 2 Onions, chopped
- 300g Pumpkin, in slices
- 1 can Peeled tomatoes
- 3 Cloves of garlic
- 2 cm Fresh curcuma, finely chopped
- 2 cm Ginger, finely chopped
- 3 Stems of lemon grass
- 1 tb. Cumin (ground)
- 1 tb. Coriander seeds (ground)
- 1 red chili, chopped into fine rings
- 2 tb. Maple syrup
- 1 Lemon
- 300 ml Milk
- 1 handful Coriander leaves
- Joghurt
- Salt
- Pepper



Simple Steps to Succeed

1. Wash the lentils in a sieve under cold water and let it drain. Peel off a few small pieces of the lemon peel.
2. Heat 2 tb. of vegetable oil in a big pan and braise the onion lightly.
3. Add the garlic to the pan, let it fry for a minute.
4. Deglaze with the vegetable stock. Add the carrots, pumpkin, lentils, tomatoes, kurkuma, ginger, lemon grass and lemon peel. Let it cook for approximately 30 minutes until the vegetables are tender.

5. In the meantime, heat 2 tb. of vegetable oil in a small pan.
6. Add the spices and the chili, let it simmer at low heat for a minute.
7. Deglaze it with the lemon juice, take the pan off the heat. Season with salt, pepper and maple syrup.
8. When the vegetables are tender, blitz until smooth.
9. Add the spice mixture, let it cook for another 10 minutes.
10. Turn off the heat. Add the coriander leaves and milk.
11. Garnish with coriander leaves and joghurt

Serve hot with bread.