KIKKOMAN

Turkish red lentil & carrot soup

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,676 kJ / 640 kcal

Fat: **27 g** Protein: **21 g**
Carbohydrates: **79 g**

INGREDIENTS

2 portion(s)

Soup:

80 g	onion
100 g	potatoes
80 g	carrots
2	garlic cloves
4 tbsp	olive oil
10 g	butter
0.5 tsp	ground cumin
0.5 tsp	ground coriander
0.5 tsp	sweet paprika
0.25 tsp	chilli powder
2 tsp	tomato purée
100 g	red lentils
700 ml	vegetable stock
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	dried mint

To serve:

0.5 tsp	chilli flakes
2 tbsp	chopped parsley
2	pitta breads
2	lemon wedges

PREPARATION

Step 1

80 g onion - **100** potatoes - **80 g** carrot - **2** garlic cloves
Peel and dice the onion, potatoes and carrots, then finely chop the garlic.

Step 2

2 tbsp olive oil - **10 g** butter - **0.5 tsp** ground cumin - **0.5 tsp** ground coriander - **0.5 tsp** sweet paprika - **0.25 tsp** chilli powder - **2 tsp** tomato purée - **100 g** red lentils - **700 ml** vegetable stock - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** dried mint
Sauté the onion in the olive oil and butter, then add the potatoes and carrots. Cook briefly, then add the garlic, cumin, coriander, sweet paprika, chilli powder and tomato purée, and sauté for a moment. Rinse the lentils under cold water, then add them to the pan. Pour in the stock, add the Kikkoman Soy Sauce and cook until the vegetables are tender. Towards the end of cooking, add the mint and blend until smooth.

Step 3

2 tbsp olive oil - **0.5 tsp** chilli flakes - **2 tbsp** chopped parsley - **2** pitta breads - **2** lemon wedges
Pour the soup into bowls. Heat the olive oil in a pan, add the chilli flakes and sauté briefly. Drizzle the soup with the chilli oil, sprinkle with the parsley and serve with the pitta bread and lemon wedges.