

Turban Chopsticks

Spiced Tomato and Lentil Soup

Hearty, tangy and spicy are the flavours for this aromatic soup.

It is super easy to whip up and nutritiously tasty. Yummy!

Serve with warm crusty bread or eat just as it is!

- ✓ Product of Australia 280g
- ✓ No Artificial Preservatives, Colours or Flavours
- ✓ 100% Vegetarian
- ✓ Gluten-Free

Recipe

Serves: 3 to 4 hungry tummies

Cooking Time: 15 minutes

Just add:

- 300g chicken, seafood or 2 cups of veggies
- 2 large tomatoes diced, or 1 can of diced tomatoes (400g)
- 1 onion, finely diced
- 2 tablespoons vegetable oil
- 1 lemon juice
- Fresh coriander to garnish

How to:

1. Heat a saucepan on medium heat. Add oil and spices enclosed in the packet and pan-fry. Add onion and fry until it is golden brown. Add chicken, seafood or veggies and brown for further 2-3 minutes.
2. Rinse red lentils separately until water runs clear. Drain lentils, then add to pan along with finely diced tomatoes or canned tomatoes and 4 cups of cold water.
3. Bring pan to boil then simmer stirring occasionally for 15-20 mins, until meat and veggies are cooked and tender. Add lemon juice and stir well through the soup. Garnish with fresh coriander and a dollop of fresh yogurt. Great served with Turban Chopsticks Royal Festival Briyani or with warm crusty buttered bread.

Variations

Hearty Vego Soup

- Add 2 cups of mixed veggies (carrot, potato, pumpkin, zucchini and mushroom cut in small to medium sized pieces)

Healthy Seafood Chowder

- Add 300g marinara mix at the end of the cooking process, so it does not overcook the seafood, then add a can of coconut milk 400ml to make it extra creamy.. Delicious!!

