



MOUNT
ZERO
OLIVES

Spiced Carrot, Lentil and Coriander Soup

5 tbsp olive oil
2 onions, diced
450g carrots, diced
225g Mount Zero Red Lentils
2 tsp ground coriander
2 tsp ground cumin
1 ½ l chicken or vegetable stock
150ml cream
salt and freshly ground pepper
sprigs of coriander

Heat the oil in large heavy based saucepan, add the onion and carrots, and cook gently for 5 minutes. Add the lentils, coriander, and cumin, and cook for 1 minute, stirring. Stir in the stock and bring to the boil. Reduce the heat, cover and simmer for about 30 minutes, or until all the ingredients are tender. Stir in the cream and season well with salt and pepper to taste. Serve with a garnish of coriander.

www.mountzeroolives.com/recipes