**Spiced Carrot and Lentil Soup**

***Ingredients:***

* 2 tsp cumin seeds
* Pinch chilli flakes
* 2 tbsp Olive oil
* 600g Carrots, washed and grated
* 140g Split red lentils
* 1L hot vegetable stock
* 125ml milk
* Plain yogurt and naan bread, to serve

***Method:***

* Heat a large saucepan and dry fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min
* Scoop out about half with a spoon and set aside. Add 2tbsp olive oil, 600g Carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil
* Simmer for 15 mins until the lentils have swollen and softened
* Whizz the soup with a stick blender or in a food processor until smooth (leave it chunky if you prefer).
* Season to taste and finish with plain yogurt and the remaining toasted spices. Serve with naan breads.

<https://www.bbcgoodfood.com/recipes/spiced-carrot-lentil-soup>