



**READY TO COOK**  
BY HARRIS FARM

# GREEN LENTILS AND TURMERIC SOUP



PREP  
**15 min**



COOK  
**1h 15 min**



SERVES  
**6**

## INGREDIENTS:

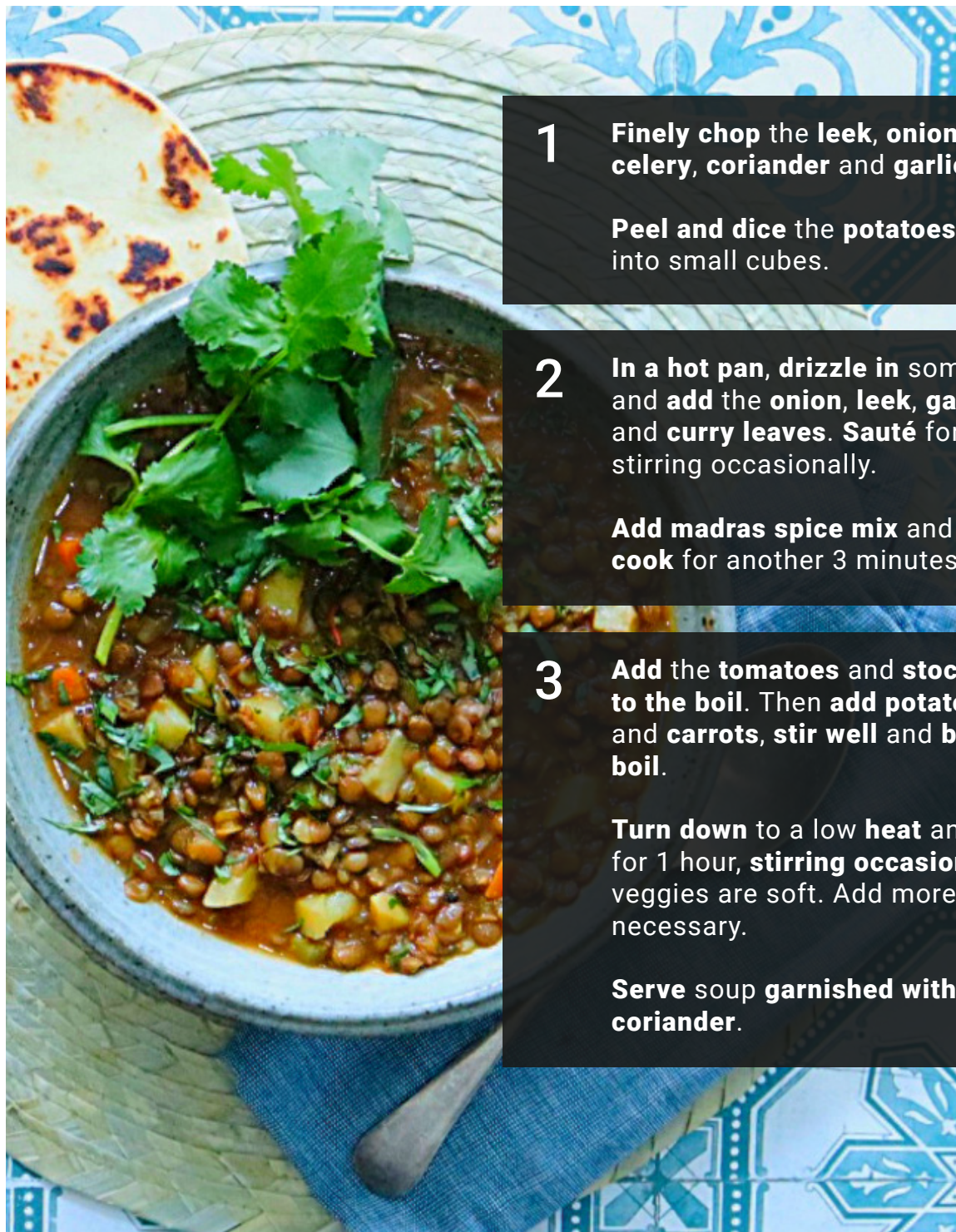
- > 400g Green Lentils
- > 1 Leek
- > 1 Onion
- > 20g Garlic
- > ½ Fennel Bulb
- > 1 Carrot
- > 1 Celery Stick
- > 400g Crushed Tomatoes
- > 1 ½ Litres Vegetable Stock
- > 1 Tbsp Madras Spice Mix
- > 250g Potatoes
- > ½ Bunch Coriander
- > 10 Curry Leaves

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil



# METHOD - GET COOKING!



**1** Finely chop the leek, onion, fennel, celery, coriander and garlic.

Peel and dice the potatoes and carrots into small cubes.

**2** In a hot pan, drizzle in some olive oil and add the onion, leek, garlic, fennel and curry leaves. Sauté for 5 minutes stirring occasionally.

Add madras spice mix and lentils and cook for another 3 minutes.

**3** Add the tomatoes and stock and bring to the boil. Then add potatoes, celery and carrots, stir well and bring to the boil.

Turn down to a low heat and cook for 1 hour, stirring occasionally until veggies are soft. Add more stock if necessary.

Serve soup garnished with chopped coriander.



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
[online@harrisfarm.com.au](mailto:online@harrisfarm.com.au)