



SPINACH AND RED LENTIL SOUP

| | |
|------------------|---|
| Season: | autumn/winter |
| From the garden: | herbs, garlic, lemon, onion, spinach |
| Type: | soup |
| Difficulty: | easy |
| Serves: | 8 adults as a starter/ 15 tastes |
| Recipe source: | <i>Tracy Rutherford, Australian Good Taste, August 2005</i> |

Equipment

- 🍷 Large saucepan
- 🍷 Chopping board x 4
- 🍷 Kitchen knife x 4
- 🍷 Scales
- 🍷 Measuring cups and spoons
- 🍷 Wooden spoon
- 🍷 Citrus juicer
- 🍷 Ladle
- 🍷 Bowls for serving

Ingredients

- 🍷 420 g red lentils (2 cups)
- 🍷 1 small brown onion
- 🍷 1 tablespoon tomato paste
- 🍷 1.25 litres vegetable stock (5 cups)
- 🍷 1 lemon
- 🍷 15 stalks of spinach
- 🍷 2 teaspoons extra virgin olive oil
- 🍷 Fresh herbs (such as thyme, rosemary, parsley)

How to make it:

1. Peel the onion and rinse to reduce the acid. Dry the onion and then cut in half before chopping finely.
2. Peel the garlic cloves and then crush or chop finely.
3. Place the saucepan on the cooktop over medium heat, and then add the olive oil.
4. Add the onion to the saucepan and cook, stirring, until soft.
5. Add the garlic and tomato paste to the saucepan and cook, stirring for 30 seconds until aromatic.
6. Measure out the lentils and vegetable stock and add to the pan. Bring to the boil, then reduce heat to low and cook, stirring occasionally for 15 minutes or until lentils are very soft.

7. Meanwhile, wash and gently dry the herbs. Remove the leaves from the stalks and chop finely. Add the chopped herbs to the lentil soup while it is simmering.
8. Trim the end of the spinach stalks, wash the spinach and gently dry. Coarsely chop the spinach.
9. Add the spinach to the lentil mixture once the lentils are soft, and cook for 1-2 minutes until the spinach wilts.
10. Juice the lemon. Once the spinach has wilted, stir in the lemon juice and taste the soup. Season with pepper to taste and serve warm.

Notes:

- 🍲 This soup can be served with flat bread, bread rolls, toast etc.
- 🍲 Herbs and spices (such as garlic) release their “aromas” or pleasant smells by being heated for about 30 second to one minute. As this encourages the flavours into the food, it is usual for spices to be heated briefly like this before liquid is added in a dish.
- 🍲 Children can make their own decisions about which fresh herbs from the garden will also go well with these flavours.
- 🍲 You can use any leafy greens for the garden in this recipe. Try it with silver beet, kale or cavolo nero instead of spinach.
- 🍲 adding lemon juice adds a lovely bright note to this dish and really improves the flavour. This could be done to taste at the table as could the seasoning with pepper.