

## Indian Lentil & Spinach Soup

### Vindaloo Spice Blend Lemon and Tahini

*Serves 1*

*Preparation time 5 minutes*

*Cooking time 25 minutes*

#### **Ingredients:**

**60g Lentils**

**2 cups water**

**1 teaspoon fresh ginger grated**

**Olive oil spray**

**50g leek finely sliced\***

**1 clove garlic crushed**

**1 teaspoon of Vindaloo Spice Blend**

**½ teaspoon Herbamare**

**½ tomato finely chopped**

**100g baby spinach leaves\***

**½ teaspoon Lemon and Tahini**



#### **Method:**

1. Bring 2 cups of water to boil in a kettle.
2. In a medium size saucepan add 1 cup boiling water, lentils, ginger and ½ teaspoon of **Vindaloo Spice Blend**. Cover with lid and simmer for 10 minutes or until water has been absorbed and lentils are soft.
3. Remove lentil mixture from heat and place in a bowl. In the same saucepan spray with oil and add leek, garlic and ½ teaspoon **Vindaloo Spice Blend**. Return pan to heat, lightly frying leek until soft and fragrant. (If leek mixture sticks to bottom of pan just add a little water.)
4. Add 1 cup of boiling water and Herbamare to leek mixture, cover and bring to boil.
5. Once boiled turn down heat and add lentils and tomato. Simmer for 5 minutes. Turn off heat add baby spinach leaves and stir. Return lid to pan and stand for 5 minutes.
6. Stir in **Lemon and Tahini** and serve immediately with toasted Mountain Bread.

\* Adjust weight to your portion size

#### **...Cook's Tips**

##### *Extra servings:*

To increase servings to include the rest of the family, simply times ingredients by how many servings are required. ( eg. 2 x teaspoons of Vindaloo Spice Blend, etc for four people) Serve with toasted Healthy Way bread.