CARROT & LENTIL SOUP

- 900ml water
- 2 vegetable stock cubes
- 500g carrots, roughly chopped
- 1 large red onion, chopped
- 120g lentils
- 1 handful coriander leaves, chopped

1. Put the water in a large pot and add the stock cubes, carrots, onions, red lentils and coriander.
2. Bring to the boil, then simmer for 15-20 minutes, until carrots are soft & lentils have cooked.
3. Remove from the heat, cool for 5 minutes & blend.

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