

Indian Winter Soup

Ingredients

- 100g pearl barley
- 2 tbsp vegetable oil
- ½ tsp brown mustard seeds
- 1 tsp cumin seeds
- 2 green chillies, deseeded and finely chopped
- 200g sweet potatoes, cut into chunks
- 200g butternut squash, cut into chunks
- 1 small cinnamon stick
- ½ tsp ground turmeric
- 1 large onion, chopped
- 2 garlic cloves, finely chopped
- 1 parsnip, cut into chunks
- 1 bay leaf
- 2 cloves
- 1 tsp paprika
- 1 tsp ground coriander
- 225g red lentils
- 2 tomatoes, chopped
- small bunch coriander, chopped
- 1 tsp grated ginger
- 1 tsp lemon juice



Method

1. Rinse the pearl barley and cook following pack instructions. When it is tender, drain and set aside.
2. Meanwhile, heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle.
3. Tip in the onion and garlic, then cook for 5-8 mins until soft.
4. Stir in the parsnip, butternut and sweet potato and mix thoroughly, making sure the vegetables are fully coated with the oil and spices.
5. Sprinkle in the paprika, ground coriander and seasoning, and stir again.
6. Add the lentils, pearl barley, tomatoes and 1.7 litres water. Bring to the boil then turn down and simmer until the vegetables are tender.
7. When the lentils are almost cooked, stir in the chopped coriander, ginger and lemon juice.

Notes

This warming winter soup is high in fibre, low in fat and can be frozen for ultimate convenience.

Serves 4-6.