



# ROAST CARROT AND RED LENTIL SOUP

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

Serves 2

1 tablespoon olive oil  
400g carrots  
1 tsp ground cumin  
1/2 tsp crushed chilli flakes  
150g red lentils  
1 can coconut milk

## METHOD

1. Preheat the oven to 180°C.
2. Peel the carrot and add to a baking dish.
3. Add the olive oil, ground cumin and crushed chilli to the carrots and toss everything together.
4. Roast in the oven until soft - around 25 minutes.
5. While the carrots are roasting cook the red lentils according to the packet instructions.
6. When the carrots are cooked add them to a food processor.
7. Add the lentils and coconut milk and blitz everything until smooth.
8. Warm through in a saucepan before serving. Season with a little extra crushed chilli if you want more heat.