

Learning Intentions - to use ingredients high in vitamins.

- to work in a methodical manner.

Carrot and Lentil Soup

Ingredients

$\frac{1}{2}$ onion

2 carrots

40g red lentils

pinch chilli powder

pinch ground ginger

500ml water

15ml vegetable stock paste

Equipment

large pan paper towel

pot stand sieve

wooden spatula

small measuring jug

chopping board

peeler

chef knife

Method

1. Put pan onto boil with water and stock. Rinse the lentils in the sieve under cold water.
Once boiling, add lentils, chilli and ginger. Put on lid and turn down.
2. Peel and dice carrots, add to pan. Stir with wooden spatula.
3. Peel and dice onion, add to pan.
4. Stir, cover and simmer for 25 minutes.
5. Serve carefully. Blend if time allows.