

Nutritious & Delicious Soup Recipes



Spiced Puy Lentil and Celeriac Soup

Ingredients (Serves 10 X 300ml Portions)

1.5 tbs rapeseed oil
3 cloves garlic, finely chopped
3 small red onions, roughly chopped
650g celeriac, peeled and cut to 1cm cubes
2.5 tbsp tomato purée
2 pinches dried chilli flakes
500g Puy lentils
1.5 ltr hot vegetable stock (preferably fresh)
salt and freshly ground black pepper
Fresh Parsley, chopped to garnish

Method

1. Place the rapeseed oil into a saucepan over a medium heat.
2. Add the garlic, onion and celeriac and fry for two minutes, stirring occasionally.
3. Add the tomato purée and chilli flakes and cook for a further minute.
4. Add the lentils and stock and bring to the boil.
5. Reduce the heat to simmer for 15 minutes, stirring occasionally.
6. Season, to taste, with salt and freshly ground black pepper and finish with parsley.

Key Nutrients

Portion	300g	100g	
Calories	193 (kcal)	64 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	3.4g	1.1g	Low
Saturates	0.2g	0.1g	Low
Sugars	3.6g	1.2g	Low
Salt	0.9g	0.3g	Low
Protein	13.9g	4.6g	–

Low Fat

Allergen Info: Celery