

# Slow Cooker

## Super Carrot and Lentil Soup



### You will need:

- 2 tsp cumin seeds
- pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated
- 140g split red lentils
- 1l hot vegetable stock, from a cube
- 125ml milk
- plain yoghurt and naan bread, or chunky bread

### Method:

1. Place half of the cumin seeds, half the chilli flakes, the oil, carrots, lentils and stock into your slow cooker, cover and set to cook on high for 3 hrs.
2. When cooked, stir in the milk and whizz the soup with a blender until smooth (or leave it chunky if you prefer).
3. Dry fry the remaining cumin seeds and chilli flakes until they start jumping around the pan.
4. Season to taste and finish with a dollop of yoghurt and a sprinkling of the toasted spices. Serve with warmed naan breads or toast.