
Online Cookery Class – Vegetable Soup with Gremolata

Equipment Required

Sharp Knife

Chopping board

Grater or microplane

Large Saucepan with lid

Measuring jug

Tablespoon

Teaspoon

Spatula

Serves 4 (freezes well)

Ingredients

2 tbsp olive oil

1 small bunch parsley

1 onion (diced)

2 carrots (diced)

2 parsnips (diced)

4 garlic cloves (crushed)

2 tsp ground cumin

2 tsp turmeric

1 tsp dried thyme

1 tin diced tomatoes

200g (1 cup) split red lentils

1 litre vegetable stock

1 tsp sea salt

1 handful kale

2 unwaxed lemons

1 loaf crusty bread to serve

Recipe – Vegetable and Lentil Soup

- 2 tbsp olive oil
- 1 onion (diced)
- 2 carrots (diced)
- 2 parsnips (diced)
- 3 garlic cloves (crushed)
- 2 tsp ground cumin
- 2 tsp turmeric
- 1 tsp dried thyme
- 1 tin diced tomatoes
- 200g (1 cup) split red lentils
- 1 litre vegetable stock
- 1 tsp sea salt
- 1 handful kale
- 1 lemon (juice only)

- 1 loaf crusty bread to serve

1. Heat the olive oil in a large saucepan over a medium heat
2. Add the chopped onion and season well stir and prepare the other vegetables
3. Add the carrots and parsnip and stir together. Cook for about 5 mins.
4. Add the garlic, cumin, thyme and turmeric and cook until fragrant. Add the tinned tomatoes and stir well together.
5. Rinse the lentils and add along with the vegetable stock. Season well with salt and pepper. Bring to the boil and simmer for 20min or until the lentils are tender.
6. Use an immersion blender to blend part of the soup (or potato masher) . Stir to combine.
7. Add the chopped kale and cook for a few more minutes.
8. Taste and season with salt, pepper and lemon juice.
9. Serve topped with gremolata.

Recipe – Gremolata

- 1 small bunch parsley
- 1 clove garlic
- 2 unwaxed lemons

1. Chop the parsley until roughly chopped
2. Add the garlic using a microplane/fine grater or garlic press.
3. Add the zest of the lemons using a fine grater
4. Finish the chopping to bring together all the flavours