



MOROCCAN SPICED RED LENTIL SOUP

INGREDIENTS

2 large onions, peeled and chopped

1tbs Country Range Moroccan Spice Seasoning

300g Country Range Red Split Lentils

800g Country Range Chopped Tomatoes

800ml vegetable stock

1tbsp oil

fresh parsley, to garnish

Country Range Thaw & Serve Small Baguettes, cooked as directed on the pack

METHOD

1. Heat the oil, fry the onion for a few minutes until softened, stir in the Moroccan Seasoning and stir well to mix.
2. Add the remaining ingredients and simmer for 30 minutes until the lentils are very soft.
3. Blend the soup adding a little more stock if required.
4. Garnish with fresh parsley and serve with warm crusty baguettes.