

7

ONE-PAN, NO BLEND, SOUPS FOR ONE

CHICKPEA, SPINACH & LEMON

- Sauté 1 crushed garlic clove & ¼ chopped onion in olive oil
- Add ½ tin chickpeas, ½ tin chopped tomatoes, 200ml water, ¼ tsp cumin & paprika
- Simmer 10 mins.
- Stir in big handful of spinach & squeeze of lemon juice

CARROT, LENTIL & GINGER

- Sauté ¼ chopped onion, 1 crushed garlic clove & ½ tsp grated ginger in oil
- Add 1 grated carrot, 3 tbsp red lentils, ¼ tsp turmeric, 250ml water
- Simmer 15–20 min till soft.
- Season with salt, pepper & squeeze of lemon

SWEETCORN, SPRING ONION & COCONUT

- Sauté 1 chopped spring onion in olive oil
- Add ½ tin sweetcorn, 1 tbsp coconut milk, 200ml water, pinch smoked paprika
- Simmer 10 min.
- Add chopped coriander or parsley

TOMATO, BEAN & BASIL

- Sauté 1 crushed garlic clove, add ½ tin tomatoes, ½ tin drained mixed beans
- Add ½ tsp dried basil and 200ml water
- Simmer 10 min.
- Finish with black pepper & optional grated carrot

SPICED VEG & QUINOA

- Sauté ¼ chopped courgette & ¼ red pepper in olive oil
- Add 2 tbsp cooked quinoa, ½ tsp cumin, pinch smoked paprika
- Pour in 200ml water, simmer 10–15 min
- Season with salt, pepper & a little lemon juice

TOMATO & WHITE BEAN

- Sauté 1 crushed small clove garlic in olive oil
- Add ½ tin chopped tomatoes + ½ tin white beans
- Add ¼ tsp dried oregano + a pinch of chilli flakes
- Simmer with 200ml water, season with salt & pepper

SIMPLE DAHL-IN-A-BOWL

- Sauté 1 crushed garlic clove, ¼ onion with ¼ tsp cumin & turmeric
- Add 3 tbsp red lentils, ½ tin chopped tomato, 250ml water
- Simmer 15–20 min. Stir in spinach or frozen peas.