

Cooking For One

Lentil Soup

1 oz Lardon
1 oz Chorizo
1 oz Chopped Onion
1 oz Carrot chopped(optional)
1 oz Leek sliced (optional)
1 Bay leaf
2 oz Red lentils
¾ pt Water
1 Tbsp Stock Powder
1 Tbsp Plain fat free yogurt
Croutons (optional)
Crust of Bread
Dribble of olive oil
A pinch of dried thyme



1. Heat the pan and add the bacon lardons, fry gently for about 5 mins, add the chorizo and continue to cook for a couple of mins.
2. Remove 2/3 of the meat from the pan and set aside.
3. Add the onions, carrot and leek and bay leaf.
4. Stir around well, add the red lentils and the water.
5. Sprinkle in the stock powder, stir in bring to the boil, turn down to a simmer.
6. Put a lid on the pan and simmer for 10-15 mins or until the lentils are cooked.
7. Once the lentils are cooked blend with a stick blender, be careful as the soup is hot.
8. Chop the bread crust into small dice, sprinkle with olive oil and thyme and place in a hot oven for 5 min.
9. Serve into a warm bowl top the soup with the cooked bacon, chorizo, croutons and yogurt.

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