**Curried lentil and leek soup**

Serves: 4

Prep time: 10 Minutes

Cooking time: 20 minutes

200g pack pre-cooked lentils (substitute for 150g uncooked red split lentils)

1 large leek, base and green end, finely diced

4 large cloves garlic, finely chopped

Large thumb-sized piece of ginger, finely chopped

1 green or red chili, finely chopped

400g tin of chickpeas (240 drained)

400ml full fat coconut milk

550ml veg stock (water and a stock cube)

*Spices:*

1 tsp paprika (smoked or hot)

½ tsp cumin

½ tsp turmeric

1 tsp curry powder (optional)

Start by finely chopping the leeks, chilli and ginger then add to a large pot with 1 tbsp of plant-based butter or olive oil, fry on a medium heat for around 6 minutes.

Mince the garlic then add to the pot, cook for a few minutes before adding the chickpeas and dried spices.

Toss together then add in the vegetable stock, precooked lentils\* and simmer for 5 minutes before adding the coconut milk.

Leave on a low- medium heat (you don’t want the coconut milk to bubble) taste testing along the way, season with salt and pepper.

When it’s seasoned to preference, serve up and serve with fresh coriander, chillii flakes, pepper and a tsp of the coconut cream from the tin.

**Dried lentils – cooking instructions**

If you’re using dried lentils, add them to a pot of water, soak for around 15-20 minutes, drain and then wash again before adding to the soup.

Add additional 300-400ml vegetable stock as the dried lentils will still absorb water.