**Spiced Carrot and Lentil Soup**

**Ingredients**

2 tsp cumin seeds

Pinch chilli flakes

2 tsp turmeric

2tbsp cooking oil such as coconut, rapeseed or ghee

1 onion, chopped

3 cloves garlic, finely chopped

600g carrots grated or chopped into small chunks

150g red lentils

1l vegetable or chicken stock

125ml coconut milk

Heat a saucepan and dry-fry the cumin seeds and chilli flakes for about 1 minutes. Add the oil, onion and garlic and gently cook for about five minutes until the onion and garlic are softened. Add the turmeric and stir.

Add the carrots, lentils, stock and coconut milk and simmer for 15 minutes or until the lentils are swollen and softened.

Blend the soup until smooth, season to taste and serve.