

Red lentil and tomato soup

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This is one of my faithfully quick dinner recipes that can be bulked up further with some shredded chicken for the carnivores, says Poh from Poh's Kitchen.

Ingredients (serves 4)

- 2 tbsp olive oil
- 2 cloves garlic, finely chopped
- 1 large brown onion, chopped
- 2 medium slices [prosciutto](#), chopped into 1cm squares (optional)
- ½-1 tsp dried chilli flakes
- 1 tsp mustard powder
- 2 carrots, diced into 2cm cubes
- 3 medium tomatoes skinned (see note below) and roughly chopped (if desperate, use canned but fresh is far superior)
- 4 cups (1 litre) chicken stock
- 100 g red [lentils](#), rinsed
- juice of ½ lemon
- ½ tsp salt or to taste
- ¼ tsp freshly cracked white or black pepper

METHOD

Red lentil and tomato soup

In a non-stick medium saucepan, heat the olive oil on medium and sweat the garlic and onion until they are tender but uncoloured.

Add the prosciutto, chilli and mustard powder and sauté to render some fat off the prosciutto and until the flesh is a little crispy. Add the carrots and sauté for three minutes or until they are softened.

Add the tomatoes, stock and lentils and simmer for 15 to 20 minutes or until the lentils are tender.

Turn off the heat and add the lemon juice. Season with salt and pepper.

Serve with a nice, crusty loaf.

NOTE: To skin tomatoes, first remove the stems and tops. With a small paring knife, score the skin of each tomato all the way around. Place the tomatoes in a bowl and cover with boiling water. Weigh the tomatoes down with a small saucer and wait for five to 10 minutes and drain. The skins should almost fall off or at least be peeled very easily. Chop roughly and set aside.

Recipe from [Poh's Kitchen](#).

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