

Hearty Chorizo & Red Lentil Soup

Serving; 6-7 | Prep Time; 10 Mins | Cooking Time; 50 Mins



Ingredients:

1 tbsp olive oil
200g cooking chorizo, diced
1 large onion, chopped
2 carrots, chopped
2 celery stalks, chopped
pinch of cumin seeds
2 garlic cloves, sliced

1 tsp smoked paprika
pinch of golden caster sugar
small splash sherry wine vinegar
250g red lentil
2 x 400g cans chopped tomato
950ml chicken stock

Method:

1. Heat the oil in a large pan. Add the chorizo and cook until crispy. Remove from the pan with a slotted spoon and set aside - use a piece of kitchen roll to dab any excess fat from the chorizo.
2. Add the onion, carrots, celery and cumin to the pan, fry with the chorizo flavoured oil for 5-10mins until soft, then add the garlic and fry for another minute, being careful not to burn the garlic.
3. Add the paprika and sugar cook and stir for 1 min. Add the sherry vinegar and bring to a simmer then stir in the lentils, tinned tomatoes and chicken stock.
4. Simmer for 30 mins or until the lentils are tender. Blitz with a hand blender to desired consistency, We like ours a little chunky.
5. Serve in warmed bowls, drizzle with a little sour cream and scatter the chorizo on top.

Inspired by bbcgoodfood



Serving; 6-7 | Prep Time; 10 Mins | Cooking Time; 50 Mins

Ingredients:

3 carrots, chopped
3 parsnips, chopped
1 large onion, chopped
1 garlic clove, sliced
1 large butternut squash, de seeded
1 tbsp olive oil
knob of butter
600ml vegetable stock
1/2 tsp ground ginger
Handful of fresh flat leaf parsley



Roasted Butternut Squash Soup

Method:

1. Pre heat the oven to 190°C
2. Wash the butternut squash, no need to peel, simply slice in two and remove the innards and seeds. Roughly chop into 2-3cm cubes. Place in a large bowl, drizzle with olive oil and scattering of black pepper and mix together so all pieces are evenly coated.
3. Pop onto baking trays and place in the middle of the oven for 30-40 minutes, or until golden with a few charred edges.
4. Add the butter to a pan and fry the onion for 5-10 minutes until soft. Add the garlic and fry for a further 1 minute then all the ground ginger and stir and fry for a minute. Set aside.
5. Steam the carrots and parsnips until tender (using microwave steam bags this takes 2-3 minutes only)
6. Remove butternut squash from the oven and carefully transfer to a blender, no need to remove the skin as it will blend perfectly fine.
7. Add all the other ingredients to the blender, you may need to do this in a couple of batches. Blend to desired consistency, if too thick simply add more water/stock.
8. Serve in warm bowls with fresh, thickly sliced bread.



The above recipes are suitable for freezing for up to 3 months.