

Red Lentil Soup

2/3 cup split red lentils

425g jar Urban Appetite
Tomato and Sweet Tandoori
Sauté Sauce

½ cup unsweetened thick
yoghurt

2 teaspoons black mustard
seeds, toasted

juice of 1 lemon

extra yoghurt and a sprinkle
paprika for garnish

Bring a medium-sized pot of water to a simmer. Add the split red lentils and simmer for 8-10 minutes until cooked through. Drain the lentils then place back in the pot. Add the Urban Appetite Tomato and Sweet Tandoori Sauté Sauce, yoghurt, mustard seeds and lemon juice then stir to combine.

Puree in a blender for around 20 seconds so the soup still has a bit of crunchy texture. Return to the pot and heat through. Serve in 4 heated soup bowls topped with extra yoghurt and a sprinkle of paprika.

Serves 4

