

Red Lentil Soup with Spicy Yoghurt and Date Cubes

Total time **30 mins** 30 mins preparation time

Nutritional facts (per portion):
1,473 kJ / 352 kcal

Fat: **4 g** Protein: **23 g**
Carbohydrates: **42 g**

INGREDIENTS

4 portion(s)

2 small onions
2 tsp olive oil
600 ml vegetable stock
200 g red lentils
1 carrot
1 stick of celery
320 g chopped tomato (canned)
1 tsp curry powder
2 tbsp Kikkoman Naturally Brewed Soy Sauce
Freshly ground pepper

For the spicy yoghurt:

100 g yoghurt
100 g sour cream
1 pinch of ground cumin
1 pinch of ground cardamom seeds
1 pinch of ground caraway seeds
1 pinch of grated lemon zest

Also:

40 g dates
1 tsp curry paprika

PREPARATION

Step 1

Dice the onions and sauté in the oil. Add the stock and lentils and bring to the boil. Reduce the heat and cook for around 10 minutes. Add the chopped carrots and celery, and the tomatoes, and continue cooking at a medium heat for around 5 minutes. Stir in the curry powder and season with Kikkoman Naturally Brewed Soy Sauce and pepper. Cover and continue cooking at low heat for another few minutes.

Step 2

Combine all the ingredients for the spicy yoghurt. Chop up the dates.

Step 3

Put the lentil soup into bowls and add a dash of spiced yoghurt at the centre with a sprinkling of dates and paprika.