



# Mercimek Corbasi

## (Turkish Lentil Soup)

SERVES: 6 meals

### INGREDIENTS:

- 4 tbsp olive oil
- 1 red capsicum, finely chopped
- 2 onions, finely chopped
- 2 tbsp tomato paste
- 2 tbsp red pepper paste
- 4 carrots, roughly chopped
- 500g red lentils
- 2.5L water
- 1 tsp salt
- Pinch of black pepper
- 4 tsp paprika
- 1 long red chilli, de-seeded and finely chopped



### METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat 2 tbsp of the olive oil in the large stockpot over a medium heat
3. Add the capsicum and onion and fry until golden
4. Add the tomato paste and the red pepper paste, then fry for 1 minute
5. Add the carrot, lentils, water, salt and a pinch of black pepper
6. Simmer with the lid on for 20 minutes, or until the lentils are soft
7. Using the stick blender, blend the soup until smooth
8. Gently heat the remaining olive oil in the small saucepan over a low heat
9. Remove from the heat and quickly stir in the paprika and chilli. Don't allow it to burn or it will become bitter
10. Ladle the soup into bowls and top with a little of the hot oil