Red lentil, chickpea & chilli soup (V)

Serves 4 (½ LE)

* 2 tsp cumin seeds
* large pinch chilli flakes
* 1 tbsp olive oil
* 1 red onion, chopped
* 140g red split lentils
* 850ml vegetable stock or water
* 400g can tomatoes , whole or chopped
* 200g can chickpeas or ½ a can, drained and rinsed (freeze leftovers)
* small bunch coriander, roughly chopped (save a few leaves, to serve)
* 4 tbsp Greek yogurt, to serve
1. Heat a large saucepan and dry-fry 2 tsp cumin seeds and a large pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
2. Add 1 tbsp olive oil and 1 chopped red onion, and cook for 5 mins.
3. Stir in 140g red split lentils, 850ml vegetable stock or water and a 400g can tomatoes, then bring to the boil. Simmer for 15 mins until the lentils have softened.
4. Whizz the soup with a stick blender or in a food processor until it is a rough purée, pour back into the pan and add a 200g can drained and rinsed chickpeas.
5. Heat gently, season well and stir in a small bunch of chopped coriander, reserving a few leaves to serve. Finish with 4 tbsp Greek yogurt and extra coriander leaves.