East End Flat Pack Meals Recipe supporting the Thrive Under 5 Project

NHS Greater Glasgow and Clyde

Please note: this recipe is not suitable for children under 1 as contains stock cubes.

Follow link below for recipes and advice for when it's time to introduce solid foods to your baby:

https://www.nhsggc.scot/your-health/early-years/starting-solids

CARROT and LENTIL SOUP

INGREDIENTS (SERVES 4)

- **200g/1** Cup of red lentils
- **1** Leek
- **6** Carrots
- **2** Vegetable stock cubes
- **1** Tablespoon of vegetable oil (not supplied)
- **1** Litre of water (for stock)

EQUIPMENT NEEDED

- Chopping board
- Sharp knife
- Potato peeler
- **1** Medium-sized pot
- Soup ladle/ spoon
- Measuring jug
- Hand blender (optional)
- Grater (optional)
- Sieve



PREPARATION TIME:
20 minutes

METHOD

1. Rinse the red lentils in cold water using the sieve.
2. Finely chop the leek and then wash using sieve. Add the vegetable oil to a pot, followed by the leek and gently fry on a medium heat for about **5 minutes.**
3. Meanwhile, peel and grate the carrot or chop into small chunks.
4. Add **1 litre** of boiling water to a measuring jug and carefully crumble the stock cubes in to the water. Stir until stock cubes are completely dissolved.
5. Add the hot stock, lentils and carrots to the pot with the leek and stir well. Bring to a boil and simmer for about **30 minutes** until the lentils are tender.
6. Add more water if necessary to achieve desired consistency.
7. Use the hand blender if you prefer a smoother consistency (remove from heat and allow to cool before blending).



ALLERGY INFORMATION:

Stock cubes may contain celery. Red lentils may have been prepared in an area containing gluten.