



Roasted Red pepper soup

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Ingredients

- ½ cup Red lentils
- 1 onion
- 1 Clove garlic
- 4 Red bell peppers (roasted)
- 15 g Coriander leafs
- Green Chili (to taste)
- Salt

Method

- Slice the onion thinly and fry but don't brown.
- Add lentils and 3 cups of water and cook until soft and set aside.
- Cut red pepper in half and roast.
- Let peppers cool slightly and remove skin.
- Add chopped garlic to cooked lentils.
- Slice peppers and add to soft lentils.
- Simmer for 5 minutes to let flavor distribute.
- Make soup fine with blender.
- Chop coriander and add.
- Season with chili and salt to taste.
- Serve hot.
- Serve 4 portions