

# Carrot, Split Pea and Parsley Soup

Serves 4, generously



## Ingredients

100g yellow split peas  
Extra virgin olive oil, enough to cover the bottom of the pan  
1 onion, finely chopped  
Small bunch flat leaf parsley, finely chopped, keep chopped stalks aside to cook with onions  
2 or 3 cloves garlic, finely chopped or crushed  
3 sticks celery, finely chopped  
1 tablespoon dried mixed herbs  
1kg carrots, grated, diced or roughly chopped  
100g red split lentils, rinsed  
Pinch of sea salt  
A few grinds of black pepper

## Method

Leave the lid on at each stage when you are cooking this soup, the steam helps the vegetables cook nicely and more efficiently.

Put the split peas into a sieve and give them a thorough rinse in cold water. Now, put them into a small pan, cover with water and add a pinch of salt. Simmer until tender, this can take 30/40mins.

While the split peas are cooking put the olive oil in a heavy-bottomed pan on a gentle heat and add the onions, parsley stalks, garlic and celery followed by the herbs, salt and pepper. Stir and let cook until soft but not browned. This takes about 10 minutes. If the onions start to stick, turn down the heat and add a splash of water.

Put the carrots and lentils into the pan and mix everything together. Add cold water to just cover the vegetables. Bring to a simmer and cook until the lentils and carrots are soft, this will take about 20 minutes. Add extra splashes of water as needed, the lentils can soak it up very quickly. Stir occasionally.

Take the pan off the heat, blitz with a hand blender until smooth.

When the split peas are cooked (they should have a 'bite' to them but shouldn't be chalky), drain, rinse again and stir through the blended soup with the chopped parsley.

Taste the soup and adjust seasoning if necessary.

**TWO  
TEASPOONS**

COOKERY

