



Spicy red lentil soup with cheese chapatis



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 onion chopped
- ☐ 2 tsp cumin seeds
- ☐ 2 tbsp curry paste hot
- ☐ 250 g lentils dried red
- ☐ 1.5 l vegetable stock hot
- ☐ 2 tbsp mango chutney
- ☐ 75 g mature cheddar grated

- ☐ 2 spring onion thinly sliced
- ☐ 0.5 juice of lemon
- ☐ 4 chapatis
- ☐ 4 chapatis

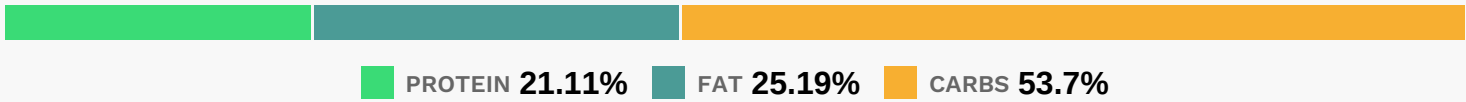
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Heat the oil in a large pan. Cook the onion and cumin seeds for 5 mins until the onion is softened and golden. Stir in the curry paste, lentils and stock, bring to the boil, then simmer for 30 mins until very tender. Leave the soup textured or, if you prefer, whizz to a smooth pure in a blender.
- ☐ Meanwhile, spread 2 chapatis with the mango chutney, sprinkle over the cheese and spring onions, then top with the remaining chapatis. Cook in a large non-stick frying pan, one sandwich at a time, for 3-4 mins on each side until golden brown and melting inside.
- ☐ Cut each sandwich into wedges.
- ☐ Stir the lemon juice into the soup, ladle into 4 bowls and serve with a couple of the cheesy chapati wedges on the side.

Nutrition Facts



Properties

Glycemic Index:53.9, Glycemic Load:11.22, Inflammation Score:-9, Nutrition Score:25.234782923823%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin:

0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 399.91kcal (20%), Fat: 11.27g (17.34%), Saturated Fat: 4.48g (28%), Carbohydrates: 54.06g (18.02%), Net Carbohydrates: 33.87g (12.32%), Sugar: 11.3g (12.56%), Cholesterol: 18.75mg (6.25%), Sodium: 1623.5mg (70.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.26g (42.51%), Fiber: 20.19g (80.78%), Folate: 314.33µg (78.58%), Manganese: 0.92mg (45.88%), Vitamin A: 2260.82IU (45.22%), Phosphorus: 385.38mg (38.54%), Vitamin B1: 0.58mg (38.41%), Iron: 5.83mg (32.4%), Zinc: 3.8mg (25.36%), Magnesium: 89.73mg (22.43%), Vitamin K: 22.41µg (21.35%), Calcium: 200.71mg (20.07%), Potassium: 698.36mg (19.95%), Vitamin B6: 0.4mg (19.77%), Copper: 0.37mg (18.3%), Selenium: 10.93µg (15.61%), Vitamin B5: 1.46mg (14.6%), Vitamin B2: 0.24mg (14.02%), Vitamin C: 8.96mg (10.85%), Vitamin B3: 1.76mg (8.78%), Vitamin E: 0.82mg (5.44%), Vitamin B12: 0.2µg (3.31%)