



## Lentil Soup

Start by wash 500G of lentils under a cold tap, this helps reduce cooking time. Add four 500ml of cold water into a 6.2L CASSEROLE PAN (24CM). Lastly add 500ml of ham stock (2 x Ham cubes in boiling water). Place pan on a high heat adding the washed lentils bring to the boil.

Now add the grated or spiralized carrot and chopped gammon steak (ham hock). I prefer the gammon steak as its more tender to eat once cooked.

This gives you a large amount of soup which you can freeze in pouches for later.

### INGREDIENTS

Red Split Lentils (500g)

Carrot x3 (Grated) or spiralized (Chopped finer)

Ham stock cubes

Gammon steak or a Ham hock

Season with Salt and Pepper