



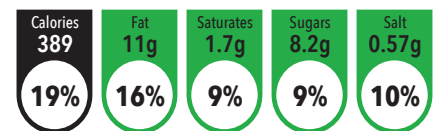
SPLIT PEA SOUP WITH MOROCCAN CHILLI DRIZZLE

 **Prep: 10 minutes**

 **Cook: 50 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

Ingredients:

- 1 tbsp oil
- 1 large onion, roughly chopped
- 1 large carrot, diced
- 2 x very low salt vegetable stock cubes
- 300g yellow split peas
- ½ tsp **LoSalt**
- ½ tsp smoked paprika
- Pinch chipotle chilli flakes
- ½ tsp black sesame seeds
- 15g walnuts, chopped
- ¼ x 25g pack coriander, chopped

COOKS TIP:

Perfect for freezing in portions. Simply defrost and reheat, adding a little water if needed.

Method:

1. Heat half the oil in a large saucepan and fry the onion and carrot for 4-5 minutes.
2. Dissolve the stock cubes in 1.5 litres boiling water and add to the pan with the split peas and **LoSalt**, cover and simmer for 45 minutes until tender. Using a handheld blender, blitz to give a coarse puree.
3. Blend the remaining oil with the spices, sesame seeds and walnuts, sprinkle over the soup with coriander to serve.