

Kale and Lentil Soup

Serves 2

Ingredients

- 1 tbsp olive or rapeseed oil
- 1 onion, peeled and chopped
- 1 carrot, diced
- 1 stick celery, chopped
- 1 garlic clove, chopped/crushed
- 1 tsp cumin
- 1 tbsp tomato purée
- ½ can green lentils
- 100g kale/cavolo nero (black cabbage)
- 250ml stock—homemade or a low salt stock cube
- Black pepper

Method

1. Put the oil in a pan over a medium heat, add the onions and cook for 5-10 minutes until soft.
2. Add the carrot and celery and cook for a further 2-3 minutes stirring regularly.
3. Now add the garlic, cumin, tomato purée, lentils and mix well.
4. Add the stock, bring to the boil, turn down the heat, cover and simmer gently for 12 minutes.
5. Add the kale, replace the lid and simmer a further 5 minutes or until the kale is just tender, season with pepper if you like and serve.

Top Tips

You could also add some shredded leftover chicken if you like. Or how about using some different veg? Leeks or sweet potato would be nice.

Lentils, are an excellent source of protein and soluble fibre. Soluble fibre absorbs water during digestion and forms a 'gel' within the intestines. This has the effect of slowing the absorption of glucose into the bloodstream. Soluble fibre also has the effect of keeping you full for longer and has been seen to help to lower blood cholesterol levels.

Wondering what to do with those leftover lentils? Make a quick salad with some feta, peas and mint or you could double up the soup recipe and freeze the extra portions.



PROJECT FOOD

A helping hand to healthy eating



Cavolo Nero is a type of kale, it is a green leafy vegetable. It is a good source of folic acid and vitamins A, K and C.

Braised Red Cabbage

Serves 4



PROJECT FOOD

A helping hand to healthy eating

Ingredients

- 1 onion
- 1 red cabbage
- 2 eating apples
- Olive oil
- 1 tablespoon fennel seeds
- 150ml balsamic or red wine vinegar

Optional

- ½ a bunch of fresh flat-leaf parsley



Method

1. Peel and slice the onion. Discard any tatty outer leaves from the cabbage, then remove the core and chop.
2. Peel the apples, then chop into 2.5cm pieces, pick and finely chop the parsley leaves.
3. Drizzle a good glug of oil into a pan over a medium heat, bash and add the fennel seeds and cook until golden. Add the onion, cover, and continue to cook for 5 to 10 minutes, or until lightly golden.
4. Scatter in the apple and cabbage, season with black pepper, add the vinegar, and then stir well.
5. Pop the lid back on, reduce the heat to low and cook gently for 1 hour, or until rich, sticky and sweet, stirring occasionally.
6. Scoop into a serving dish, pop the butter on top and sprinkle over the parsley, then serve.

Top Tips

You can store the red cabbage for a few days in the fridge and then reheat.

Using apples is a good way to achieve the sweetness that works well with the vinegar, but without needing to add sugar.