

Lunch

CHICKEN AND LENTIL CURRIED SOUP



Serves 4

225g chicken breast

1 tbsp olive or coconut oil

1 medium onion, finely diced

2 peppers, any colour, chopped
into 1.5cm chunks

2 tbsp mild or medium curry powder

1 tin chopped tomatoes

1 chicken stock cube

1 litre water

100g dried red split lentils

Sea salt and black pepper

200g spinach

Lemon wedges

1. Preheat the oven to 180C and place a chicken breast on a baking tray. Bake in the oven for 20-25 minutes until cooked through.
2. Heat the oil in a large saucepan and gently fry the onions and peppers for 5 minutes, until softened.
3. Stir in the curry powder and cook for a few seconds more.
4. Add the tomatoes and bring to the boil. Crumble over the stock cube and add the water.
5. Rinse the lentils thoroughly and add them to the pan, bringing it to a simmer. Season well with sea salt and lots of black pepper. Cook for 10-15 minutes, stirring regularly.
6. Slice the cooked chicken and add it to the pan alongside the spinach for 8-10 minutes, until the lentils are soft and the spinach has wilted.
7. Serve with lemon wedges for squeezing over.