**Lentil Soup**

3 tablespoons olive oil

2 large onions, finely chopped

3 garlic cloves, crushed

350g/ 12 oz red lentils

1.25 litres/ 2 pints stock

1 ½ teaspoons cumin seeds

2 carrots, chopped

2 sticks celery, chopped

1 teaspoon crushed dried red chilli

Pepper

Juice of ½ lemon

Handful of flat-leaf parsley, chopped

**Method**

Rinse lentils. Heat oil in saucepan and fry onions until soft. Add garlic, carrots, celery and fry for a few seconds. Add lentils, stir until coated with oil. Add stock and bring to boil.

Dry roast cumin seeds in a small pan until aromatic, then grind to a powder. Add to pan, with chilli flakes. Simmer with lid on for about 30 minutes, until lentils are soft. Add more water if necessary. Add black pepper, lemon juice and chopped parsley a few minutes before serving.