

fuss free flavours

tasty stuff without the fuss



“Birdie Song” – Celery & Lentil Soup

Serves 8

Ingredients

Good glug olive oil
1 head celery – roughly chopped
4 cloves of garlic – peeled and roughly chopped
8oz / 200g / 1 cup mixed lentils
Handful of cheese rinds – I keep a pot for them in the freezer
Vegetable stock
Green vegetables – I used a handful of frozen broccoli
Salt and pepper to taste

Method

Fry the celery and garlic in olive oil in a large saucepan for a few minutes, add all the other ingredients, stir and then cover with boiling water.

Put the lid on and simmer for about 30 mins until the lentils are soft. Blitz in the liquidiser or with a stick blender, seasoning to taste and adding more water if needed.

Freezes well.

