



**Miele**

# Green lentil and pumpkin soup with orange

By Miele

**20 minutes**

Preparation time

**1 hour 4 minutes**

Cooking time

**4**

Serves

## INGREDIENTS

1 red onion, roughly chopped  
3 garlic cloves, crushed  
1 tbsp thyme, chopped  
½ orange zested  
2 tsp salt  
1 tbsp olive oil  
1 cup green lentils, rinsed  
500g pumpkin, large dice  
1 litre stock (chicken or vegetable)  
½ tsp nutmeg, ground  
½ tsp cinnamon, ground  
8 sage leaves, finely sliced  
½ cup parsley, chopped  
2 cups rocket, chopped  
1 lemon juiced  
20 turns of black pepper  
Salt flakes, to taste

## To serve

Parmesan cheese, finely grated

## **METHOD**

1. Place the onion, garlic, thyme, orange, salt and oil into a deep unperforated steam container and steam at 100°C for 4 minutes uncovered.
2. Add the lentils, pumpkin, nutmeg, cinnamon and sage leaves and steam at 100°C for 1 hour uncovered.
3. Add the remaining ingredients and stir through.

## **To serve**

1. Sprinkle with parmesan cheese and serve immediately.

## **Hints and tips**

- This soup is great served with our simple bread recipe.