

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.