




Recipe Details

Recipe Name : Spicy Lentil Soup With Squash Tomato And Green Beans
Recipe Category:
Author : Rick Stein
Created : February 16, 2015
Last Updated : February 16, 2015
Portions : 6

Weight (Per Portion)

One portion of this dish weighs approximately 153.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Pigeon peas, raw	100 Gram	
Onions, raw	1 Small	
Carrots	100 Gram	
Pumpkin, raw	100 Gram	
Beans, green,raw	100 Gram	
Tomato, red, raw	1 Medium	
Turmeric, ground	1.5 Teaspoon	
Sugar, caster	1.5 Teaspoon	
Salt, sea	1.5 Teaspoon	
Oil, vegetable blended, average	2 Tablespoon	
Peas, split, dried, raw	1 Teaspoon	
Fenugreek, seed	1.5 Teaspoon	
Coriander, seed	1 Teaspoon	
Chilli, flakes, dried	5 Gram	
Curry leaves, fresh	1 Cup US	
Asafoetida	1 Teaspoon	
Oil, vegetable blended, average	2 Tablespoon	
Onions, raw	1 Small	
Mustard, seed, black	1 Teaspoon	 Mustard
Fenugreek, seed	1.5 Teaspoon	

Recipe Alerts

Special Dietary Requirements Suitability:



Allergen Warnings:



Recipe Method

No Recipe Method available

