Hoy Kirk Lentil + Seaweed Soup.

ONION - ROUGHLY CHOPPED
CARROTS X 2 - ROUGHLY CHOPPED
LEEK - ROUGHLY CHOPPED
RED LENTILS - COUPLE OF HANDFULS
DRIED TANGLE* - COUPLE OF PIECES *Laminaria digitata
DRIED SEAWEED FLAKES - USE MARA 'SHONY' MIX OR MAKE YOUR OWN.
½ STOCK CUBE - I USE KALLO BRAND.

SWEAT THE ONIONS IN BUTTER, AFTER A WEE WHILE THROW IN THE LECKS THEN THE CARROTS. NOW ADD A COUPLE OF GOOD HANDFULS OF LENTILS. ADD BOILING WATER AND ½ STOCK CUBE. THROW IN THE TANGLE - THIS ACTS AS A STOCK. COOK AWAY UNTIL THE CARROTS AND LENTILS ARE DONE. ADD IN A LOVELY GENEROUS SPRINKLE OF SEAWEED MIXED FLAKES. BLEND. TASTE. ADD SALT AND PEPPER AND "MORE SEAWEED FLAKES TO TASTE."

ENJOY!
Rebecca.