

BBQ charred pepper, onion and lentil soup

Serves 4 to 5, takes about 1 hour 30 minutes and uses 1 bbq and 1 pot

INGREDIENTS

3 red peppers
1 tablespoon vegetable oil
1 red onion, chopped
1 clove garlic, crushed
1 large carrot, chopped into chunks
1/2 teaspoon harissa paste
1 teaspoon smoked paprika
1 teaspoon cumin seeds
1/2 teaspoon fennel seeds
1 litre vegetable stock (homemade or instant)

For the parsley oil:
25g parsley
3 tablespoons olive oil

DIRECTIONS

Fire up your BBQ.

Whilst it's heating, you can prepare the rest of the ingredients, so chop the vegetables, crush your garlic and put together in a bowl. Measure your spices into a small dish or ramekin and prepare the vegetable stock. In a small food processor, combine the olive oil and parsley, then blend into a rough paste. You may need to regularly scrape the sides down to get it to mix. Set this aside in a small serving dish or ramekin.

When the BBQ is up to heat, place the peppers onto it and cook, turning occasionally until charred on all sides. When cooked, place them in a bowl covered with cling film and set aside.

In a large pan, heat the vegetable oil over a medium heat. When the pan has heated up, add the spices and mix around in the oil, cooking for about 30 seconds. Then add the onion, carrot and garlic and fry for about 5 minutes, until well softened, turning down the heat if it browns. Add the lentils and vegetable stock, bring to a simmer and cook, covered for 15 minutes, stirring occasionally.

Meanwhile, de-seed the red peppers, so you have just the outer flesh left. Once the lentils are cooked, add these to the pan and keep on the heat for a few more minutes.

Finally, use a stick blender to whizz the whole lot up into a fine soup.

Serve in bowls, topped with spoonfuls of the parsley oil

