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Homemade Carrot, Pancetta & Lentil Soup with Herb Focaccia

The weather is warming up but we thought there should be one last hurrah for this homemade bowl of love! In Italy when you come to the bottom of your bowl it's common to "fare la scarpetta" which (randomly) means "do the shoe". It's the action of wiping your plate, though fortunately we've provided you with some fresh focaccia rather than an old shoe!



40 mins



spicy



lactose free



Onion (1)



Carrot (2)



Celery (1 stick)



Potato (1)



Garlic Clove (1)



Coriander (3 tbsp)



Red Split Lentils (½ cup)



Chilli Flakes (¼ tsp)



Vegetable Stock Pot (1)



Organic Chopped Tomatoes (1 tin)




Pancetta (1 pack)



Herb Focaccia (1)

Ingredients

	2 PEOPLE	ALLERGENS
Onion, chopped	1	
Carrot, chopped	2	
Celery, chopped	1 stick	Celery
Potato, chopped	1	
Garlic Clove, chopped	1	
Coriander, chopped	3 tbsp	
Red Split Lentils	½ cup	
Chilli Flakes	¼ tsp	
Vegetable Stock Pot	1	Celery
Organic Chopped Tomatoes	1 tin	
Pancetta	1 pack	Sulphites, Mustard
Herb Focaccia	1	Gluten

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Nutrition per serving: Calories: 613 kcal | Protein: 20 g | Carbs: 83 g | Fat: 22 g | Saturated Fat: 5 g



1 Peel and finely chop your onion and carrots. Finely chop your celery. Peel and chop the potato into roughly 2cm chunks. Peel and finely chop the garlic. Finely chop the coriander and thoroughly rinse the lentils.

pancetta of excess oil and keep to the side. **Tip:** Lay the pancetta on some kitchen paper to let it soak up the remaining oil.



2 Cook the chilli flakes, onion, carrot, celery and garlic in 1 tbsp of olive oil in a saucepan on medium heat for around 6 mins, or until soft. **Tip:** If you're not too keen on spiciness, add fewer chilli flakes!

6 Pre-heat your oven to 100 degrees and put the focaccia in for a few mins to warm it up.



3 Add the potato and continue to cook for another 5 mins.

4 Add 600ml of water and bring to a gentle simmer. Add in the stock pot, the tin of tomatoes and the rinsed lentils. Allow the mixture to simmer for 20 mins or until the lentils are soft.

7 Stir the coriander into the soup. Serve it with pancetta sprinkled across the top and big chunks of warm focaccia on the side.



5 In a separate frying pan, cook the pancetta in 1 tsp of olive oil on medium heat. Cook the pancetta for around 5 mins or until it is crispy around the edges. Drain the

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