



It's what we do

Serving suggestion

Loaded lentil dahl (v)

Turn readymade lentil dahl soup into a filling meal with our tasty toppings
- spiced, crispy pittas and perfectly poached eggs.

Ingredients:

Feeds 2 - Ready in 20 mins

- 1 small red onion, cut into 6 wedges
- 1 tbsp Co-op olive oil, plus 1 tsp
- ½ tsp garam masala
- ½ Co-op white pitta, torn into small pieces
- ¼ tsp each cumin seeds and coriander seeds
- Pinch of dried chilli flakes, plus extra to serve (optional)
- 600g tub Co-op lentil dahl soup
- 2 Co-op British free range eggs, poached

Method:

1. Preheat the oven to 200°C/fan 180°C/Gas 6
2. Put the onion wedges on a lined baking tray, drizzle over 1 tsp of the olive oil and sprinkle with ¼ tsp of the garam masala, then bake for 10-15 mins until soft and slightly caramelised
3. Toss the torn pitta with the cumin and coriander seeds, the chilli flakes, if using, and the remaining garam masala and olive oil
4. Spread out on a lined baking tray and bake for 8-10 mins, until golden and crispy
5. Heat the lentil soup according to the pack instructions and divide between 2 bowls
6. Top each one with a poached egg, the pitta crisps and the onion wedges
7. Serve with an extra sprinkling of chilli flakes, if you like