

Age NI Good Vibrations

Video Three Recipe Sheet: 'Good Gut Guide' Carrot and Ginger Soup

Gut health is not something we usually discuss in polite conversation, so how do you know what is normal, and what is not?



Ingredients

- 1 dsp olive oil
- 1 large onion, chopped
- 6 medium carrots, chopped
- 100g red lentils
- 1 litre vegetable or chicken stock
- 2 in root ginger, peeled and grated (about 1 tsp)
- Juice and zest of 1/2 orange

Method

1. Heat the oil in a heavy based pan.
2. Add the onion and cook until translucent.
3. Add the carrots, lentils and stock.
4. Simmer for 15 minutes, until the lentils are cooked. Remove from the heat.
5. Grate in the root ginger and add the orange juice and zest.
6. Blitz in your blender until smooth.

