



Lentil soup with almond and sesame crumble

Hearty, creamy and surprisingly sophisticated: This lentil soup with a crunchy almond and sesame crumble, fresh thyme and a dash of aromatic organic black cumin oil is a warming moment of pleasure.

Zutaten

4 Portionen

Crumble

250 g Almonds

50 g Sesame

10 g Black cumin

1 EL Maple syrup

0.5 TL Cumin

Lentil soup

1 Onion

500 g Carrots

2 EL Byodo Roast Olive

1 TL Garam masala

1 TL Cumin, ground

1 TL Coriander, ground

1 EL Byodo tomato and paprika pulp

400 g Lentils, yellow

400 ml Coconut milk

1.5 l Water

Byodo organic sea salt

optional: juice of half a lemon

Thyme

4 TL Byodo black cumin oil

Zubereitung

To make the crumble, first roughly chop the almonds and toast them together with the sesame and black cumin seeds in a pan without oil until the nuts are fragrant. Then add the maple syrup, stir well and allow to caramelize over a medium heat. Finally, mix in some cumin, transfer the crumble to a plate and leave to cool completely.

For the soup, peel and dice the onion, wash, peel and slice the carrots. Heat some Byodo Brat-Olive in a pan and fry the onions until translucent. Fry the spices briefly, then add the carrots and some tomato and paprika pulp and mix everything well. Then add the yellow lentils, coconut milk and water and allow the soup to simmer gently for about 15 minutes until the lentils and carrots are soft.

Then finely puree the soup, season with salt and – to taste – the juice of a lime. Serve the soup in bowls or plates, sprinkle with the crumble and garnish with fresh thyme. Finally, a dash of Byodo black cumin oil provides the final aromatic touch.

This combination of creamy soup, spicy crumble and nutty oil is not only healthy and filling, but also a real highlight for anyone who loves oriental flavors.