



German Lisensuppe Inspired Bacon and Lentil Soup

with Cabbage, Thyme and Ciabatta

Source of Fibre

Preparation time : 25 min.



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<https://hfresh.cottey.fr/en-GB/recipes/german-lisensuppe-inspired-bacon-and-lentil-soup-438>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Large Saucepan, Sieve

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Garlic Clove (unit(s))	4	6	8
Carrot (unit(s))	1	1½	2
Lentils (carton(s))	1	1½	2
British Smoked Bacon Lardons (grams)	90	120	180
Dried Thyme (sachet(s))	1	1½	2
Ciabatta (unit(s))	1	1½	2
White Wine Stock Powder (sachet(s))	1	1½	2
Caramelised Onion Paste (grams)	35	52½	70
Tomato Passata (carton(s))	1	1½	2
Shredded Savoy Cabbage (grams)	150	225	300
Grated Hard Italian Style Cheese (grams)	40	60	80
Butter (grams)	20	30	40
Olive Oil for the Garlic Bread (tbsp)	1	1½	2
Sugar (tsp)	1	1½	2
Water for the Soup (milliliter(s))	350	525	700

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3043 kJ
Energy (kcal)	727 kcal
Fat	32.3 g
of which saturates	12.9 g
Carbohydrate	63.8 g
of which sugars	18.2 g
Dietary Fibre	18.5 g
Protein	32.7 g
Salt	6.84 g

Allergens

Egg, Mustard, Milk, Wheat, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Rye, Sulphites, Spelt (wheat), Kamut (wheat), Khorasan (wheat), Oats

Always check the product labels for allergen information.



Prep the Veg

- a) Preheat your oven to 220°C/200°C fan/gas mark 7.
- b) Peel and grate the **garlic** (or use a garlic press).
- c) Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.
- d) Drain and rinse the **lentils** in a sieve.



Fry the Veg

- a) Heat the **butter** (see pantry for amount) and a drizzle of **oil** in a large saucepan on medium-high heat.
- b) Once the **butter** has melted, add the **bacon lardons** and **carrot**. Stir-fry until the **carrot** is tender, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.
- c) Stir in **half** the **garlic** and the **dried thyme**. Season with **salt** and **pepper**.



Make the Garlic Bread

- a) Meanwhile, halve the **ciabatta** and lay onto a baking tray, cut-side up.
- b) Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).
- c) Bake the **bread** on the top shelf of your oven until golden, 4-5 mins.



Simmer the Soup

- a) Stir the **white wine stock powder**, **caramelised onion paste**, **passata**, **lentils**, **sugar** and **water for the soup** (see pantry for both amounts) into the **carrot** pan.
- b) Bring the **soup** to the boil.
- c) Once boiling, stir in the **cabbage**. Bring the **soup** back to the boil, then simmer until the **soup** has thickened slightly and the **cabbage** is tender, 5-6 mins.



Finishing Touches

- a) When the **soup** is ready, stir in **half** the **cheese**.
- b) Taste the **soup** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Serve

- a) Share your **soup** between bowls and sprinkle over the remaining **cheese**.
- b) Serve with the **garlic bread** on the side.

Enjoy your meal!