


Lentil soup with conchigliette

50 min 

2 

2 

9 min 

Ingredients

160 g Schär Conchigliette, 100 g dried lentils (preferably Castelluccio lentils), 200 ml vegetable stock, 20 ml extra virgin olive oil, 1 onion, chopped, 1 clove of garlic, chopped, 50 g carrots and celery, cubed (roughly as big as the conchigliette), 1 tbsp tomato purée, salt, freshly ground pepper, chopped mixed herbs (bay, sage, parsley, rosemary, thyme, marjoram)

Method

Heat the oil in a pan, cook the chopped onion and garlic and then add the stock. Add the lentils and tomato purée and cook for around 20 minutes. Mix in the carrots and celery and cook for a further 5 minutes. Season to taste with salt and pepper. Cook the conchigliette for roughly 9 minutes in the lentil soup. Sauté the chopped herbs in a drop of oil, add to the soup and serve immediately.



Oscar's tip

If you soak the lentils in cold water for 30 to 40 minutes before cooking then not only will they cook better, they will also be cleaned of any impurities.

