



HAPPY JULY

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HAPPY JULY!

We are sending you all the good vibes for this next month ahead. You already know that July will bring abundance, clarity, genuine love and happiness. Everyday that you choose to show up, you're making a difference. In this last half of 2023, choose to show up even on hard, cold days because the world needs the magic inside of you. Remember that your work matters. Your consistency and determination matters. Your ideas matter. But most of all, YOU matter.

Speaking of ideas... we've been exploring some delicious ideas that we cannot wait to share with all of you. Just know that we'll be keeping you guys cozy during this winter season with some heart-warming comfort food. Our go-to comfort meal this season is a yummy ROOIBOS LENTIL SOUP. It's easy to make and it literally warms up your soul.

Stay warm. Happy cooking. Enjoy!

A high-angle, close-up photograph of a white ceramic bowl filled with a thick, reddish-brown lentil soup. The soup is garnished with a generous pile of fresh microgreens, including green and purple varieties. The bowl sits on a light-colored surface. In the background, a dark-colored pot filled with the same soup is visible, with a black-handled spoon resting inside. The overall scene is set on a rustic wooden table.

ROOIBOS LENTIL SOUP



INGREDIENTS

- 2 Tbls olive oil
- 1 onion, diced
- 2 clove Garlic, crushed and chopped
- 1 knob ginger, peeled and diced
- Salt & pepper, to taste
- 2 Tbls red curry paste
- 1 cup red lentils
- 1 1/2 cups strongly brewed @laagerrooibostea citrus & ginger
- Micro herbs, to garnish

METHOD

In a saucepan, sauté onion, garlic and ginger until onion is soft and translucent.

Adjust seasoning.

Stir in the curry paste. Add in the dry lentils as well as the tea (to replace the liquid stock).

Let the soup simmer on medium heat for 20-30 minutes until the lentils are soft.

Serve hot with some bread.

Enjoy!

With love from us.



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