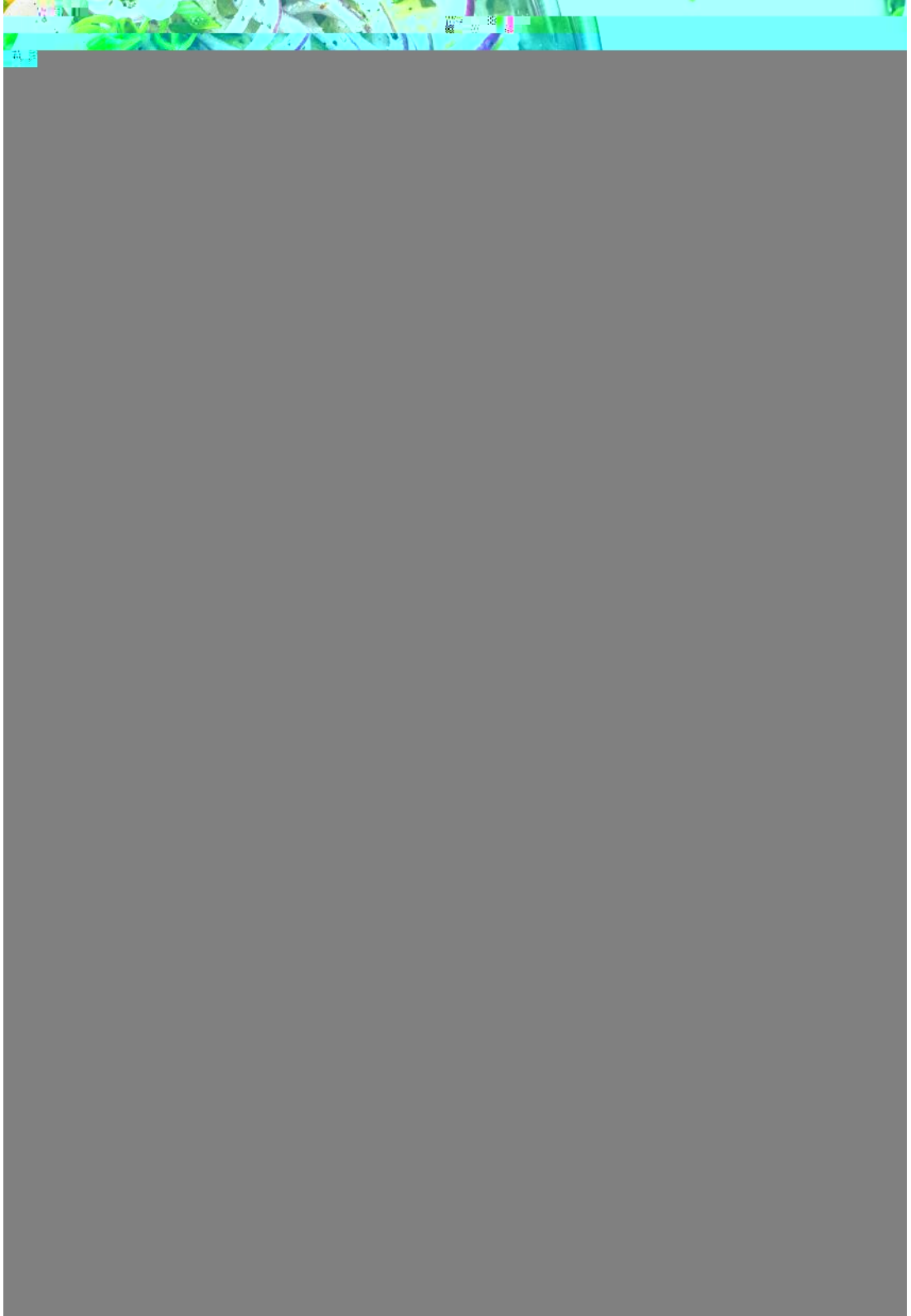

150g red lentils

50g yellow split peas

100g carrots – or any other root vegetables you have

20g ginger puree

20g garlic puree