



Sri Lankan-Spiced Lentil & Veggie Soup

with Yoghurt & Cheesy Garlic Flatbreads

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Potato



Onion



Garlic



Red Lentils



Sri Lankan Spice Blend



Ginger Paste



Coconut Milk



Vegetable Stock Powder



Flatbreads



Shredded Cheddar Cheese



Baby Spinach Leaves



Fresh Chilli (Optional)



Greek-Style Yoghurt



Coriander



Chicken Breast

Prep in: 25-35 mins
Ready in: 40-50 mins

Eat Me Early*
*Custom Recipe only

Having all the flavours and textures of veggies, lentils and spices melting into one delectable soup is the perfect way to finish off a day. You might notice the odd hint of ginger in the creaminess of the soup or perhaps notes of our Sri Lankan spice blend. Enjoy by dipping the cheesy flatbreads in the soup to soak it up.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
onion	1 (medium)	1 (large)
garlic	4 cloves	8 cloves
red lentils	1 tin	2 tins
Sri Lankan spice blend	1 sachet	1 sachet
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
water*	3 cups	6 cups
vegetable stock powder	1 large sachet	2 large sachets
flatbreads	2	4
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
honey*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
fresh chilli (optional)	½	1
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3305kJ (790Cal)	559kJ (134Cal)
Protein (g)	36.4g	6.2g
Fat, total (g)	33.3g	5.6g
- saturated (g)	20.9g	3.5g
Carbohydrate (g)	114.6g	19.4g
- sugars (g)	21.4g	3.6g
Sodium (mg)	1851mg	313mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4050kJ (968Cal)	539kJ (129Cal)
Protein (g)	69.6g	9.3g
Fat, total (g)	38.5g	5.1g
- saturated (g)	22.4g	3g
Carbohydrate (g)	115.4g	15.4g
- sugars (g)	21.5g	2.9g
Sodium (mg)	1951mg	260mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

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Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **onion** and **garlic**. Drain and rinse **red lentils**.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.



Bake the flatbread

- While the soup simmers, place **flatbreads** on a second lined oven tray. Drizzle with **olive oil**, then evenly sprinkle over **shredded Cheddar cheese** and remaining **garlic**.
- When the soup has **5 minutes** remaining, bake **flatbreads** until cheese is melted and bubbling, **4-7 minutes**.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **4-5 minutes**.
- Add **Sri Lankan spice blend**, **ginger paste** and half the **garlic**. Cook until fragrant, **1 minute**.

Custom Recipe: Before cooking the onion, heat the saucepan over high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step.



Finish the soup

- Remove saucepan from the heat, then add the **honey**, **baby spinach leaves** and **roasted veggies** and stir until spinach is wilted.

TIP: Add another splash of water to your soup if you prefer a thinner consistency.

Custom Recipe: Stir the chicken through soup along with the roasted veggies.



Simmer the soup

- Add **lentils**, **coconut milk**, the **water** and **vegetable stock powder** to the saucepan.
- Bring to the boil, then reduce heat to medium-low and simmer, stirring occasionally, until lentils are cooked through, **20-25 minutes**.



Serve up

- Thinly slice **fresh chilli** (if using).
- Divide Sri Lankan-spiced lentil and veggie soup between bowls. Top with **Greek-style yoghurt** and **chilli**.
- Tear over **coriander** leaves. Serve with cheesy garlic flatbreads. Enjoy!

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