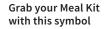


# Sri Lankan-Spiced Lentil & Veggie Soup with Yoghurt & Cheesy Garlic Flatbreads

CLIMATE SUPERSTAR

















Spice Blend

Coconut Milk

Flatbreads

**Baby Spinach** 

**Red Lentils** 



**Ginger Paste** 





Vegetable Stock



Shredded Cheddar Cheese



Fresh Chilli (Optional)





Coriander



Having all the flavours and textures of veggies, lentils and spices melting into one delectable soup is the perfect way to Prep in: 25-35 mins 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 Ready in: 40-50 mins spice blend. Enjoy by dipping the cheesy flatbreads in the soup to soak it up. Eat Me Early\* \*Custom Recipe only

**Pantry items** Olive Oil, Honey

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

### 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 Ingradients

ingredien	LS	
	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)	1/2	1
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

<sup>\*</sup>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 Se
Energy (kJ)	4050kJ
Drotoin (a)	60

Avg Qtg	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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns

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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.



# 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.



# 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.



# 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.



# 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.



# Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate