



Middle-Eastern Coconut & Veggie Lentil Soup

with Flatbreads & Flaked Almonds

EXPLORER

Grab your Meal Kit with this symbol



Carrot



White Turnip



Garlic



Flaked Almonds



Chermoula Spice Blend



Crushed & Sieved Tomatoes



Coconut Milk



Vegetable Stock Powder



Red Lentils



Flatbreads



Baby Spinach Leaves



Chicken Breast

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

Calorie Smart^



^Custom Recipe is not Calorie Smart



Plant Based*

*Custom Recipe is not Plant Based



Eat Me Early*

*Custom Recipe only

Let's soup-up this version of a lentil soup. We're buffing it out with mild spices to bring a zap to the coconut and tomato base. There are roasted veggies stirred through to bulk it out and serve up with a side of flatbreads for dipping. It's a powerhouse soup that will be loved by everyone.

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

Pantry items

Olive Oil, Brown Sugar

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

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
white turnip	1	2
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
crushed & sieved tomatoes	½ tin	1 tin
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 large sachet	2 large sachets
water*	2 cups	4 cups
red lentils	1 tin	2 tins
brown sugar*	1 tsp	2 tsp
flatbreads	2	4
baby spinach leaves	1 medium bag	1 large bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2618kJ (626Cal)	491kJ (117Cal)
Protein (g)	29.5g	5.5g
Fat, total (g)	25.5g	4.8g
- saturated (g)	15.1g	2.8g
Carbohydrate (g)	92.3g	17.3g
- sugars (g)	17g	3.2g
Sodium (mg)	1800mg	338mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3377kJ (807Cal)	487kJ (116Cal)
Protein (g)	62g	8.9g
Fat, total (g)	31.1g	4.5g
- saturated (g)	16.8g	2.4g
Carbohydrate (g)	92.3g	13.3g
- sugars (g)	17g	2.5g
Sodium (mg)	1899mg	274mg

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



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **white turnip** 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**.

4



Make the flatbreads

- When the soup has **5 minutes** cook time remaining, return the frying pan to medium-high heat.
- Drizzle (or brush) each **flatbread** with **olive oil**. Cook **flatbreads** in pan until golden and warmed through, **1-2 minutes** each side.

Custom Recipe: After cooking the flatbreads, return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.

2



Get prepped

- While the veggies are roasting, finely chop **garlic**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until toasted, **2-3 minutes**. Transfer to a bowl.

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

5



Finish the soup

- Remove saucepan from the heat, add **baby spinach leaves** and the **roasted veggies**. Stir until wilted and season to taste.

TIP: Add an extra dash of water to your soup if you prefer a thinner consistency.

Custom Recipe: Stir through chicken along with the veggies.

3



Start the soup

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **chermoula spice blend**, stirring, until fragrant, **1 minute**.
- Add **crushed & sieved tomatoes** (see ingredients), **coconut milk**, **vegetable stock powder**, the **water**, **red lentils** and the **brown sugar**. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook, stirring occasionally, until the lentils have softened, **20-22 minutes**.

6



Serve up

- Divide Middle Eastern coconut and veggie lentil soup between bowls.
- Top with toasted almonds. Serve with flatbreads. Enjoy!

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