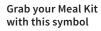


Sri Lankan-Spiced Lentil & Veggie Soup with Yoghurt & Cheesy Garlic Flatbreads

CUSTOMER FAVOURITE EXPLORER CLIMATE SUPERSTAR



Carrot Potato Garlio Onion Sri Lankan **Red Lentils** Spice Blend Ginger Paste Coconut Milk Vegetable Stock Flatbreads Powder Plant-Based Grated **Baby Spinach** Cheese Leaves Fresh Chilli Greek-Style (Optional) Yoghurt



Coriander

Pantry items Olive Oil, Honey

Prep in: 25-35 mins Ready in: 40-50 mins 🚥 Eat Me Early* 1 *Custom Recipe only

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.

Balance your weekly menu with our wholesome, veggie-filled meat-free marvels. 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. Enjoy by dipping the



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		
plant-based grated cheese	1 packet (50g)	2 packets (100g)		
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 small packet	2 small packets OR 1 large 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 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 2023 | CW45



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**. 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 flatbreads

- While the soup simmers, place **flatbreads** on a second lined oven tray. Drizzle with **olive oil**, then evenly sprinkle over plant-based grated cheese and remaining garlic.
- When the soup has **5 minutes** remaining, bake flatbreads until cheese is melted and bubbling, 4-7 minutes.
- **TIP:** The plant-based cheese has a unique texture, use less or leave it out if you're not a fan!



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 yoghurt and chilli.
- Tear over **coriander** leaves. Serve with cheesy garlic flatbreads. Enjoy!

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