



# 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

Eat Me Early\*  
\*Custom Recipe only

Calorie Smart^

Plant Based^  
^Custom Recipe is not Calorie Smart or Plant Based

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
<b>olive oil*</b>	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
<b>water*</b>	2 cups	4 cups
red lentils	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
flatbreads	2	4
baby spinach leaves	1 medium bag	1 large 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)	2619kJ (626Cal)	491kJ (117Cal)
Protein (g)	28.6g	5.4g
Fat, total (g)	25.7g	4.8g
- saturated (g)	15.2g	2.9g
Carbohydrate (g)	92.6g	17.4g
- sugars (g)	16.4g	3.1g
Sodium (mg)	1955mg	367mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3364kJ (804Cal)	485kJ (116Cal)
Protein (g)	61.7g	8.9g
Fat, total (g)	30.9g	4.5g
- saturated (g)	16.7g	2.4g
Carbohydrate (g)	93.4g	13.5g
- sugars (g)	16.5g	2.4g
Sodium (mg)	2054mg	296mg

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://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 **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.

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## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)