



Middle-Eastern Coconut Lentil & Veggie Soup

with Flatbreads & Flaked Almonds

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



White Turnip



Garlic



Red Lentils



Flaked Almonds



Chermoula Spice Blend



Crushed & Sieved Tomatoes



Coconut Milk



Vegetable Stock Powder



Flatbreads



Baby Leaves



Chicken Breast

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

Calorie Smart[^]
 Plant Based[^]

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

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
red lentils	1 packet	2 packets
flaked almonds	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large 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
brown sugar*	1 tsp	2 tsp
flatbreads	2	4
baby leaves	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2732kJ (653Cal)	432kJ (103Cal)
Protein (g)	29.6g	4.7g
Fat, total (g)	26g	4.1g
- saturated (g)	15.7g	2.5g
Carbohydrate (g)	98g	15.5g
- sugars (g)	21.2g	3.3g
Sodium (mg)	2143mg	339mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3494kJ (835Cal)	436kJ (104Cal)
Protein (g)	68.4g	8.5g
Fat, total (g)	29.3g	3.7g
- saturated (g)	16.7g	2.1g
Carbohydrate (g)	98.7g	12.3g
- sugars (g)	21g	2.6g
Sodium (mg)	2276mg	284mg

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

2024 | CW16



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 (when no longer pink inside), 5-6 minutes.

2



Get prepped

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

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

5



Finish the soup

- Remove saucepan from heat, add the **roasted veggies** and **baby leaves**. 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: Return cooked chicken to the pan with the veggies.

3



Start the soup

- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! 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 lentil and veggie soup between bowls.
- Sprinkle with toasted almonds. Serve with flatbreads. Enjoy!

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