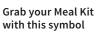


# Middle-Eastern Coconut Lentil & Veggie Soup

with Flatbreads & Flaked Almonds

**EXPLORER** 

CLIMATE SUPERSTAR













**Red Lentils** 



Flaked Almonds





Chermoula Spice



Crushed & Sieved



Coconut Milk

Tomatoes



Vegetable Stock

Powder

Flatbreads

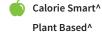


**Baby Leaves** 



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





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

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.

**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

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	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.

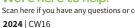
### Allergens

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





# 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.



# 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.



# 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.



# Make the flatbreads

- · When the soup has 5 minutes cook time remaining, return the frying pan to medium-high
- 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.



# 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.



# Serve up

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



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