



# Berberere-Spiced Lentil & Roast Veggie Soup

with Garlic Tortilla Strips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Garlic



Celery



Leek



Lentils



Berberere Seasoning



Crushed & Sieved Tomatoes



Garlic & Herb Seasoning



Vegetable Stock Powder



Mini Flour Tortillas



Baby Leaves



Parsley



Chicken Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins

Plant Based<sup>^</sup>

Calorie Smart<sup>^</sup>

<sup>^</sup>Custom recipe is not Calorie Smart or Plant Based

Eat Me Early\*  
\*Custom Recipe only

Is there a harder working legume out there than lentils? A master of disguise, they lend a hearty bite to soups and pastas, a richness to curries and dhals, and this lip-smacking wintery dish. The result is a smoky, unctuous yet earthy winter warmer, ready to be devoured and sopped up with morsels of garlic tortilla chips.

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

### Pantry items

Olive Oil, Plant-Based Butter, 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

Two oven trays lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
carrot	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
leek	1	2
lentils	1 packet	2 packets
<b>plant-based butter*</b>	20g	40g
Berberé seasoning	1 sachet	2 sachets
crushed & sieved tomatoes	1 tin	2 tins
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	1½ cups	3 cups
mini flour tortillas	6	12
baby leaves	1 medium packet	1 large packet
parsley	1 packet	1 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)	3115kJ (745Cal)	383kJ (92Cal)
Protein (g)	27.4g	3.4g
Fat, total (g)	22.2g	2.7g
- saturated (g)	10.3g	1.3g
Carbohydrate (g)	96g	11.8g
- sugars (g)	26.2g	3.2g
Sodium (mg)	2862mg	352mg
Dietary Fibre (g)	24.6g	3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3886kJ (929Cal)	392kJ (94Cal)
Protein (g)	66.3g	6.7g
Fat, total (g)	25.5g	2.6g
- saturated (g)	11.3g	1.1g
Carbohydrate (g)	97g	9.8g
- sugars (g)	26.3g	2.7g
Sodium (mg)	2997mg	302mg
Dietary fibre	24.6g	2.5g

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.

1



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets. Cut **carrot** into bite-sized chunks.
- Place **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **toss** to coat.
- Spread out evenly, then roast until tender, **25-30 minutes**.

4



## Toast the tortilla strips

- While the soup is cooking, slice **mini flour tortillas** into strips.
- In a small bowl, combine **garlic**, **olive oil** (¼ cup for 2 people / ½ cup for 4 people) and a pinch of **salt** and **pepper**.
- Spread **tortilla strips** out evenly on a second lined oven tray (don't worry if they overlap) and brush or spread with some **garlic oil**. Bake until golden, **10-12 minutes**.

**TIP:** If your tray is crowded, toss the tortilla strips halfway through baking.

2



## Get prepped

- Meanwhile, finely chop **garlic** and **celery**. Thinly slice **leek**. Drain and rinse **lentils**.

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

5



## Finish the soup

- Add **roasted veggies** and **baby leaves** to the soup and cook until wilted, **1-2 minutes**.

3



## Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery** and **leek** until tender, **3-4 minutes**.
- Add **plant-based butter** and **Berberé seasoning** and cook, stirring, until fragrant, **1 minute**.
- Add **lentils**, **crushed & sieved tomatoes**, **garlic & herb seasoning**, **vegetable stock powder**, the **brown sugar** and the **water**.
- Bring to the boil, then reduce heat to medium and simmer, **5-6 minutes**.

**Custom Recipe:** Cook chicken along with leek and celery, until browned and cooked through (when no longer pink inside), 4-5 minutes. Continue with recipe as above.

6



## Serve up

- Divide Berberé-spiced lentil and roast veggie soup between bowls.
- Tear over **parsley**. Serve with garlic tortilla strips. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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