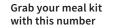


Spiced Lentil & Roast Veggie Soup with Yoghurt & Cheesy Garlic Flatbreads

















Spice Blend

Ginger Paste





Vegetable Stock Flatbreads Powder





Baby Leaves

Shredded Cheddar







Fresh Chilli (Optional)

Greek-Style Yoghurt

Coriander





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

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 cheesy flatbreads in the soup to soak it up.

Pantry items Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
potato	1	2	
onion	1/2	1	
garlic	4 cloves	8 cloves	
red lentils	1 packet	2 packets	
Sri Lankan spice blend	1 medium sachet	1 large 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	
shredded Cheddar cheese	1 medium packet	1 large packet	
honey*	1 tsp	2 tsp	
baby leaves	1 small packet	1 medium packet	
fresh chilli 🥖 (optional)	1/2	1	
Greek-style yoghurt	1 medium packet	1 large packet	
coriander	1 packet	1 packet	
4.			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3308kJ (791Cal)	526kJ (126Cal)
Protein (g)	36.3g	5.8g
Fat, total (g)	31.4g	5g
- saturated (g)	20.4g	3.2g
Carbohydrate (g)	115.8g	18.4g
- sugars (g)	22.4g	3.6g
Sodium (mg)	1850mg	294mg
Dietary Fibre (g)	18.9g	3g

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.



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 (see ingredients) and garlic. Rinse red lentils.



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**.



Simmer the soup

- Add red 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 flatbread

- While the soup is simmering, place flatbreads on a second lined oven tray. Drizzle with olive oil, then evenly sprinkle over shredded Cheddar cheese and remaining garlic.
- When the soup has 5 minutes remaining, bake flatbreads until cheese is melted and bubbling, 4-7 minutes.



Finish the soup

 Remove saucepan from the heat, then add the honey, baby leaves and roasted veggies and stir until wilted.

TIP: Add another splash of water to your soup if you prefer a thinner consistency.



Serve up

- Thinly slice fresh chilli (if using).
- Divide spiced lentil and roast veggie soup between bowls. Top with Greek-style yoghurt and chilli.
- Tear over **coriander**. Serve with cheesy garlic flatbreads. Enjoy!







Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

