

Spiced Lentil & Roast Veggie Soup

with Yoghurt & Cheesy Garlic Flatbreads

Grab your meal kit with this number

40



Carrot



Potato



Onion



Garlic



Red Lentils



Sri Lankan Spice Blend



Ginger Paste



Coconut Milk



Vegetable Stock Powder



Flatbreads



Shredded Cheddar Cheese



Baby Leaves



Fresh Chilli (Optional)



Greek-Style Yoghurt



Coriander



Chicken Breast



Chicken Thigh

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
onion	½	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)	½	1
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 packet	1 packet

*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.

1



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**.

4



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**.

2



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**.

5



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.

3



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**.

6



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS

+ **ADD CHICKEN BREAST**
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ **ADD CHICKEN THIGH**
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.

