

Creamy Red Lentil, Kumara & Coconut Soup

with Baby Broccoli, Yoghurt & Garlic Tortilla Chips

Grab your meal kit with this number

25



-  Orange Kumara
-  Baby Broccoli
-  Onion
-  Garlic
-  Lemon
-  Red Lentils
-  Mild North Indian Spice Blend
-  Tomato Paste
-  Coconut Milk
-  Vegetable Stock Powder
-  Mini Flour Tortillas
-  Greek-Style Yoghurt
-  + Peeled Pumpkin Pieces
-  + Diced Bacon

Prep in: **20-30** mins
Ready in: **40-50** mins

We're eating the rainbow tonight, well, the first half of it at least! Simmer red lentils in a creamy soup with hints of coconut and our mild North Indian spice blend. Add orange roasted kumara plus baby broccoli, for that vibrant pop of green. Remember to soak it up with garlic tortilla chips.

Pantry items

Olive Oil

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
orange kumara	1 (large)	2 (large)
baby broccoli	1 medium bunch	2 medium bunches
onion	½	1
garlic	3 cloves	6 cloves
lemon	1	2
red lentils	1 packet	2 packets
mild North indian spice blend	1 large sachet	2 large sachets
tomato paste	1 packet	2 packets
water*	3 cups	6 cups
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 large sachet	2 large sachets
mini flour tortillas	3	6
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3573kJ (853Cal)	490kJ (117Cal)
Protein (g)	34.9g	4.8g
Fat, total (g)	30.7g	4.2g
- saturated (g)	19.7g	2.7g
Carbohydrate (g)	133.3g	18.3g
- sugars (g)	25.7g	3.5g
Sodium (mg)	1461mg	201mg
Dietary Fibre (g)	23.2g	3.2g

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://www.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 | CW38



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and cut **kumara** into small chunks.
- Place on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.
- Meanwhile, trim **baby broccoli**. Halve any thicker stalks of **baby broccoli** lengthways.
- When kumara has **10 minutes** remaining, add **baby broccoli** to the oven tray. Drizzle with **olive oil** and season with a pinch of **salt**. Toss to coat, then roast until browned for **10 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Bake the tortilla chips

- When the soup has **10 minutes** remaining, combine the remaining **garlic**, a generous drizzle of **olive oil** and a pinch of **salt** and **pepper** in a small bowl.
- Slice **mini flour tortillas** (see ingredients) into 3cm strips.
- Place **tortilla strips** in a single layer on a second lined oven tray and drizzle or brush with the **garlic oil**. Bake until golden, **8-10 minutes**.

TIP: Use two oven trays if your tortilla don't fit in a single layer.

CUSTOM OPTIONS

+ ADD PEELLED PUMPKIN PIECES
Roast following method above until tender, 20-25 minutes.

+ ADD DICED BACON
When starting the soup, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



Get prepped

- While the veggies are roasting, thinly slice **onion** (see ingredients). Finely chop **garlic**.
- Zest **lemon** to get a generous pinch, then slice into wedges. Rinse **red lentils**.



Finish the soup

- Add the **roasted veggies** to the **soup**, stirring, until well combined.
- Add **lemon zest** and a generous squeeze of **lemon juice**. Season to taste.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **3-4 minutes**.
- Add **mild North Indian spice blend**, **tomato paste** and half the **garlic** and stir until fragrant, **1 minute**.
- Add **red lentils**, the **water**, **coconut milk** and **vegetable stock powder** and stir to combine.
- Bring to a simmer, then cover with a lid and cook, stirring occasionally, until the **lentils** are soft, **20-22 minutes**.



Serve up

- Divide creamy red lentil, kumara and coconut soup between bowls.
- Dollop with **Greek-style yoghurt** and serve with garlic tortilla chips. Enjoy!

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

