

Middle-Eastern Coconut Lentil & Veggie Soup

with Flatbreads & Almonds

Grab your meal kit with this number















Almonds



Red Lentils





Diced Tomatoes With Garlic & Onion



Flatbreads

Chermoula Spice

Coconut Milk



Vegetable Stock





Baby Leaves

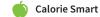






Prep in: 25-35 mins Ready in: 40-50 mins

Plant Based



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 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

Oven tray lined with baking paper \cdot Large frying pan \cdot Large saucepan with 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
flaked/slivered almonds	1 packet	2 packets
red lentils	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	½ packet	1 packet
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	2 medium packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2672kJ (639cal)	208kJ (50cal)
Protein (g)	29.2g	2.3g
Fat, total (g)	25.6g	2g
- saturated (g)	15.8g	1.2g
Carbohydrate (g)	95.2g	7.4g
- sugars (g)	19g	1.5g
Sodium (mg)	2113mg	164.2mg
Dietary Fibre (g)	15.8g	1.2g

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 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 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.
- Heat a large frying pan over medium-high heat.
- Toast slivered almonds, tossing, until golden,
 2-3 minutes. Transfer to a bowl.
- Rinse red lentils.



Start the soup

- In a large saucepan, heat a drizzle of olive oil over medium-high heat.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! Cook garlic and chermoula spice blend, stirring, until fragrant, 1 minute.
- Add diced tomatoes with garlic & onion, 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** remaining, return the frying pan to medium-high heat.
- Drizzle (or brush) each flatbread with olive oil.
 Cook flatbreads in pan until golden and warmed through, 1-2 minutes each side.



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.



Serve up

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







