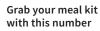


Chermoula Coconut Lentil & Veggie Soup

with Flatbreads & Almonds

CLIMATE SUPERSTAR







Garlic

Red Lentils





Flaked Almonds

Chermoula Spice Blend



Diced Tomatoes With Garlic & Onion

Coconut Milk



Vegetable Stock Powder

Flatbreads



Baby Leaves





Pantry items Olive Oil, Brown Sugar



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

Plant Based

0

Calorie Smart

Let's soup-up this Middle Eastern version of a lentil soup! Mild spices bring a zap to the coconut and tomato base, while roasted veggies stirred through help to bulk it out. Serve up with a side of flatbreads for dipping, and there you have it - a powerhouse soup that will be loved by everyone.

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 saucepan with lid \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
white turnip	1	2
garlic	2 cloves	4 cloves
red lentils	1 packet	2 packets
flaked almonds	1 packets	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)	2610kJ (624cal)	200kJ (48cal)
Protein (g)	28.5g	2.2g
Fat, total (g)	24.4g	1.9g
- saturated (g)	15.7g	1.2g
Carbohydrate (g)	94.9g	7.3g
- sugars (g)	18.9g	1.4g
Sodium (mg)	2113mg	161.7mg
Dietary Fibre (g)	15.4g	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**.
- Rinse **red lentils**
- Heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a bowl.



Start the soup

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **chermoula spice blend**, stirring, until fragrant, **1 minute**.
- Add diced tomatoes, 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.



Serve up

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

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.

We're here to help! Scan here if you have any questions or concerns 2024 | CW48



ADD CHICKEN BREAST

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

ADD CHICKEN THIGH

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

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

