



Chermoula Coconut Lentil & Veggie Soup

with Flatbreads & Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Carrot



White Turnip



Garlic



Red Lentils



Flaked Almonds



Chermoula Spice Blend



Diced Tomatoes With Garlic & Onion



Coconut Milk



Vegetable Stock Powder



Flatbreads



Baby Leaves



Chicken Breast



Chicken Thigh

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

Calorie Smart

Plant Based

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.

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 · Large saucepan with lid · 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 helofresh.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 | CW48



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**.



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.



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.



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.



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!

CUSTOM OPTIONS

+ 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.

