



Berberere-Spiced Lentil & Roast Veggie Soup

with Garlic Ciabatta

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Garlic



Celery



Onion



Lentils



Berberere Seasoning



Chopped Tomatoes



Garlic & Herb Seasoning



Vegetable Stock Powder



Ciabatta



Salad Leaves

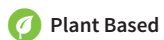


Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 35-45 mins



Is there a harder working legume out there than lentils? A master of disguise, they lend a hearty bite to soups and pastas, a richness to curries and dhals, and in the case of this lip-smacking wintery dish. The result is a smokey, unctuous yet earthy winter warmer, ready to be devoured and sopped up with morsels of garlic ciabatta.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
onion	1 (medium)	1 (large)
lentils	1 tin	2 tins
plant-based butter* (for the soup)	20g	40g
Berberé seasoning	1 sachet	2 sachets
chopped tomatoes	1 tin	2 tins
garlic & herb seasoning	1 sachet	1 sachet
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	1 tsp
water*	1½ cups	3 cups
ciabatta	1 packet	1 packet
plant-based butter* (for the garlic bread)	30g	60g
salad leaves	1 medium bag	1 large bag
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2553kJ (610Cal)	346kJ (83Cal)
Protein (g)	21.2g	2.9g
Fat, total (g)	24.8g	3.4g
- saturated (g)	14.2g	1.9g
Carbohydrate (g)	68.5g	9.3g
- sugars (g)	20.8g	2.8g
Sodium (mg)	2473mg	335mg

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 **cauliflower** into small florets. Cut **carrot** into bite-sized chunks. Place **cauliflower** and **carrot** 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**.



Toast the ciabatta

While the soup is simmering, slice **ciabatta** in half lengthways. In a small heatproof bowl, add **garlic** and **plant-based butter (for the garlic bread)**. Microwave in **10 second** bursts until melted. Season with **salt**. Brush **garlic butter** over the cut sides of **ciabatta** and place on a second lined oven tray. Bake until golden, **5 minutes**.



Get prepped

Meanwhile, finely chop **garlic**, **celery** and **onion**. Drain and rinse **lentils**.



Finish the soup

Add **roasted veggies** and **salad leaves** to the soup and cook until wilted, **1-2 minutes**.



Start the soup

In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **celery** until tender, **3-4 minutes**. Add **plant-based butter (for the soup)** and **Berberé seasoning** and cook, stirring, until fragrant, **1 minute**. Add **lentils**, **chopped tomatoes**, **garlic & herb seasoning**, **vegetable stock powder**, the **brown sugar** and the **water**. Bring to the boil, then reduce heat to medium and simmer, **5-6 minutes**.



Serve up

Roughly chop **herbs**. Divide Berberé-spiced lentil and roast veggie soup between bowls. Garnish with herbs. Serve with garlic ciabatta.

Enjoy!