



Red Lentil, Kumara & Coconut Soup

with Yoghurt & Garlic Tortilla Chips

Grab your Meal Kit with this symbol



Kumara



Courgette



Onion



Garlic



Lemon



Red Lentils



Mild North Indian Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Mini Flour Tortillas



Greek-Style Yoghurt

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 spice blend. Add orange roasted kumara and courgette, for that vibrant pop of green. Remember to soak it up with garlic tortilla chips.

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1	2
courgette	2	4
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
lemon	1	2
red lentils	1 packet	2 packets
mild North Indian spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	3 cups	6 cups
coconut milk	1 tin (165ml)	1 tin (400ml)
vegetable stock powder	1 large sachet	2 large sachets
mini flour tortillas	4	8
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4617kJ (1103Cal)	622kJ (149Cal)
Protein (g)	38.3g	5.2g
Fat, total (g)	37.5g	5.1g
- saturated (g)	24g	3.2g
Carbohydrate (g)	147.6g	19.9g
- sugars (g)	35.8g	4.8g
Sodium (mg)	2449mg	330mg

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.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and cut **kumara** into small chunks. Cut **courgette** into bite-sized chunks.
- Place **kumara** and **courgette** 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**.

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 the 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.



Get prepped

- While the veggies are roasting, thinly slice **onion**. 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 1/2 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 red lentil, kumara and coconut soup between bowls.
- Dollop with **Greek-style yoghurt**. Serve with garlic tortilla chips. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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