

















# Sri Lankan-Spiced Lentil & Veggie Soup

with Yoghurt & Cheesy Garlic Naan

Grab your Meal Kit with this symbol




-  Carrot
-  Potato
-  Onion
-  Garlic
-  Sri Lankan Spice Blend
-  Ginger Paste
-  Red Lentils
-  Coconut Milk
-  Vegetable Stock Powder
-  Naan Bread
-  Shredded Cheddar Cheese
-  Baby Spinach Leaves
-  Fresh Chilli (Optional)
-  Greek-Style Yoghurt
-  Herbs
-  Chicken Breast

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

 Eat Me Early\*  
\*Custom Recipe only

Having all the flavours and textures of veggies, lentils and spices melting into one delectable soup is the perfect way to finish off a day. You might notice the odd hint of ginger in the creaminess of the soup or perhaps notes of our Sri Lankan spice blend. Enjoy by dipping the cheesy naan in the soup to soak it up.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

**Pantry items**  
Olive Oil, Honey



## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
potato	1	2
onion	1 (medium)	1 (large)
garlic	4 cloves	8 cloves
Sri Lankan spice blend	1 sachet	1 sachet
ginger paste	1 medium packet	1 large packet
red lentils	1 tin	2 tins
coconut milk	1 box (200g)	1 tin (400g)
<b>water*</b>	3 cups	6 cups
vegetable stock powder	1 large sachet	2 large sachets
naan bread	1	2
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
<b>honey*</b>	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
fresh chilli (optional) 🌶️	½	1
Greek-style yoghurt	1 medium packet	1 large packet
herbs	1 bag	1 bag
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3997kJ (955Cal)	648kJ (155Cal)
Protein (g)	39.3g	6.4g
Fat, total (g)	35g	5.7g
- saturated (g)	24.6g	4g
Carbohydrate (g)	120.8g	19.6g
- sugars (g)	21.7g	3.5g
Sodium (mg)	1928mg	313mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4756kJ (1136Cal)	612kJ (146Cal)
Protein (g)	71.8g	9.2g
Fat, total (g)	40.7g	5.2g
- saturated (g)	26.3g	3.4g
Carbohydrate (g)	120.8g	15.6g
- sugars (g)	21.7g	2.8g
Sodium (mg)	2026mg	261mg

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://hellofresh.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

2022 | CW30



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **onion** and **garlic**.

4



## Bake the naan

- While the soup simmers, place **naan bread** on a second lined oven tray, drizzle with **olive oil** and evenly sprinkle the remaining **garlic** and **shredded Cheddar cheese**.
- When the soup has **5 minutes** remaining, place **naan** in the oven, and bake until cheese is melted and bubbling, **3-5 minutes**.

2



## Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **4-5 minutes**.
- Add **Sri Lankan spice blend**, **ginger paste** and 1/2 the **garlic**. Cook until fragrant, **1 minute**.

**Custom Recipe:** If you've added chicken breast to your meal, before cooking the onion, cut chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step.

5



## Finish the soup

- Remove the saucepan from the heat and add the **honey**, **baby spinach leaves** and **roasted veggies**. Stir until wilted.

**TIP:** Add an extra dash of water to your soup if you prefer a thinner consistency.

**Custom Recipe:** Stir the chicken through soup along with roasted veggies.

3



## Simmer the soup

- Add **red lentils**, **coconut milk**, the **water** and **vegetable stock powder** to the saucepan. Bring to the boil, then reduce heat to medium-low and simmer, stirring occasionally, until lentils are cooked through, **20-25 minutes**.

6



## Serve up

- Thinly slice **fresh chilli** (if using).
- Divide Sri Lankan-spiced lentil and veggie soup between bowls. Top with **Greek-style yoghurt** and chilli.
- Tear over **herbs**. Serve with cheesy garlic naan. Enjoy!

**TIP:** Some like it hot, but if you don't just hold back on the chilli. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)