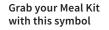


Sri Lankan-Spiced Lentil & Veggie Soup

with Yoghurt & Cheesy Garlic Naan









Carrot







Sri Lankan Spice Blend





Ginger Paste

Coconut Milk





Red Lentils



Vegetable Stock Powder



Naan Bread



Shredded Cheddar Cheese



Fresh Chilli



Herbs



Baby Spinach

Yoghurt





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

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	
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)	
water*	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)	
honey*	1 tsp	2 tsp	
baby spinach leaves	1 small bag	1 medium bag	
fresh chilli (optional) 🌶	1/2	1	
Greek-style yoghurt	1 medium packet	1 large packet	
herbs	1 bag	1 bag	
chicken breast**	1 packet	1 packet	
* Dantry Itame ** Custom Posino Ingradient			

*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		

Ousconnicospe		
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 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



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**.



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.



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.



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.



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.



Serve up

- Thinly slice fresh chilli (if using).
- Divide Sri Lankan-spiced lentil and veggie soup between bowls. Top with Greek-style voghurt 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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

