



Indian Lentil & Veggie Coconut Soup

with Tortilla Dippers, Mint & Yoghurt

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Zucchini



Lentils



Mild Curry Paste



Coconut Milk



Vegetable Stock Pot



Mini Flour Tortillas



Baby Spinach Leaves



Greek-Style Yoghurt



Mint



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early*
**Custom Recipe only*

We've brought back our gorgeous lentils to level up your typical veggie soup. With a creamy coconut base and some veggies to soak up the goodness, all you need are some tortillas to scoop up this concoction.

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

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
zucchini	1	2
lentils	1 packet	2 packets
mild curry paste	1 packet	2 packets
butter*	15g	30g
coconut milk	1 packet	2 packets
vegetable stock pot	1 packet (20g)	2 packets (40g)
water*	2 cups	4 cups
mini flour tortillas	6	12
baby spinach leaves	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
mint	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3437kJ (821Cal)	445kJ (106Cal)
Protein (g)	30.1g	3.9g
Fat, total (g)	35.2g	4.6g
- saturated (g)	21.6g	2.8g
Carbohydrate (g)	88.7g	11.5g
- sugars (g)	23.1g	3g
Sodium (mg)	2896mg	375mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4190kJ (1001Cal)	447kJ (107Cal)
Protein (g)	64g	6.8g
Fat, total (g)	39.9g	4.3g
- saturated (g)	23g	2.5g
Carbohydrate (g)	88.7g	9.5g
- sugars (g)	23.1g	2.5g
Sodium (mg)	2980mg	318mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **brown onion** and **garlic**.
- Slice **carrot** and **zucchini** into half moons.
- Rinse and drain **lentils**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Bake the tortilla dippers

- While the soup is simmering, slice **mini flour tortillas** into 3cm strips.
- Place **tortilla strips** on a lined oven tray in a single layer. Drizzle or brush with **olive oil** and season with **salt** and **pepper**. Bake until golden, **8-10 minutes**.

TIP: Use two oven trays if your tortilla strips don't fit in a single layer.



Start the soup

- Heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, **carrot** and **zucchini**, stirring, until softened, **4-5 minutes**.
- Add **mild curry paste**, the **butter** and **garlic** and cook, stirring, until softened, **3 minutes**.

Custom Recipe: Before starting the soup, heat saucepan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate. Continue with step as above.



Bring it all together

- To the saucepan, add **baby spinach leaves**, stir to combine and cook until wilted, **1-2 minutes**. Remove from heat and season to taste.



Simmer the soup

- Add **lentils**, **coconut milk**, **vegetable stock pot** and the **water**. Bring to the boil then reduce heat to medium. Stir well to combine.
- Simmer until slightly thickened, **6-8 minutes**.

Custom Recipe: Return chicken to the soup and stir to heat through. Continue with the step.



Serve up

- Divide the Indian lentil coconut soup between the bowls.
- Top with **Greek-style yoghurt** and tear over **mint** leaves. Serve with tortilla dippers. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

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