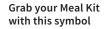


Indian-Style Lentil & Veggie Coconut Soup with Tortilla Dippers, Mint & Yoghurt

EXPLORER

CLIMATE SUPERSTAR











Carrot & Zucchini









Garlic Paste



Vegetable Stock



Mini Flour Tortillas

Coconut Milk



Baby Spinach



Leaves







*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.

Pantry items

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 · Oven tray lined with baking paper

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
brown onion	1	2		
lentils	1 packet	2 packets		
carrot & zucchini mix	1 medium bag	1 large bag		
mild curry paste	1 packet	2 packets		
butter*	15g	30g		
garlic paste	1 packet	2 packets		
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)	3495kJ (835Cal)	446kJ (107Cal)
Protein (g)	29.6g	3.8g
Fat, total (g)	35.7g	4.6g
- saturated (g)	21.6g	2.8g
Carbohydrate (g)	91.1g	11.6g
- sugars (g)	24.5g	3.1g
Sodium (mg)	2971mg	379mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4248kJ (1015Cal)	448kJ (107Cal)
Protein (g)	63.6g	6.7g
Fat, total (g)	40.4g	4.3g
- saturated (g)	23.1g	2.4g
Carbohydrate (g)	91.1g	9.6g
- sugars (g)	24.5g	2.6g
Sodium (mg)	3055mg	322mg

The quantities provided above are averages only.

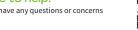
Allergens

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





Start the soup

- Preheat oven to 200°C/180°C fan-forced. Finely chop brown onion. Rinse and drain lentils.
- · Heat a large saucepan over medium-high heat with a drizzle of olive oil.
- Cook onion and carrot & zucchini mix, stirring, until softened, 4-5 minutes.
- Add mild curry paste, the butter and garlic paste and cook, stirring, until softened, 3 minutes

Custom Recipe: If you've added chicken breast, cut into 2cm chunks. In a large frying pan, heat drizzle of olive oil over medium-high heat. Once hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate, cover to keep warm.



Make the tortilla dippers

- Meanwhile, 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.



Simmer the soup

• Stir in 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: Once soup is simmering, stir through chicken.



Serve up

- To the saucepan, add lentils and baby spinach leaves. Stir to combine and cook until wilted, 1-2 minutes. Remove from heat and season to taste.
- Divide the Indian-style veggie coconut soup between bowls. Top with Greek-style yoghurt and tear over mint leaves.
- · Serve with tortilla dippers. Enjoy!

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate