



Indian-Style Lentil & Veggie Coconut Soup

with Tortilla Dippers, Mint & Yoghurt

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Lentils



Carrot & Zucchini Mix



Mild Curry Paste



Garlic Paste



Coconut Milk



Vegetable Stock Pot



Mini Flour Tortillas



Baby Spinach Leaves



Greek-Style Yoghurt



Mint



Chicken Breast

Prep in: 15-25 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 · Oven tray lined with baking paper

Ingredients

| | 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



1



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.

3



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.

2



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.

4



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!

Rate your recipe

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