



Cooking Made Easy

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Homemade Carrot, Pancetta & Lentil Soup with Herb Focaccia

The weather is warming up but we thought there should be one last hurrah for this homemade bowl of love! In Italy when you come to the bottom of your bowl it's common to "fare la scarpetta" which (randomly) means "do the shoe". It's the action of wiping your plate, though fortunately we've provided you with some fresh focaccia rather than an old shoe!



40 min



lactose free



Onion



Celery



Carrot



Potatoes



Garlic Clove



Coriander



Red Split Lentils



Chilli Flakes



Vegetable Stock Pot



Organic Chopped Tomatoes



Pancetta



Herb Focaccia

Ingredients

	2P	4P
Onion, diced	¾ cup	1½ cups
Celery, diced 1	1 stick	2 sticks
Carrot, diced	1 cup	2 cups
Potatoes, chopped	1½	3
Garlic Clove, diced	1	2
Coriander, chopped	3 tbsp	6 tbsp
Red Split Lentils	½ cup	1 cup
Chilli Flakes	½ tsp	1 tsp
Vegetable Stock Pot 1	1	2
Organic Chopped Tomatoes	1 tin	2 tins
Pancetta 3	⅓ cup	⅔ cup
Herb Focaccia 2	1	2

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | **2)** Gluten

3) Sulphites

Nutrition per serving: Calories: 613 kcal | Protein: 20 g | Carbs: 83 g | Fat: 22 g | Saturated Fat: 5 g



1 Peel and dice about ¾ of a cup of the onion, the celery and carrot. Peel and chop the potato into roughly 2cm chunks. Peel and finely dice the garlic. Finely chop the coriander and thoroughly rinse the lentils.

the side. **Tip:** Lay the pancetta on some kitchen paper to let it soak up the remaining oil.



2 Cook the chilli flakes, onion, garlic, celery and carrot in a tbsp of olive oil on medium heat for around 6 mins, or until soft. **Tip:** If you're not too keen on spiciness, add less chilli flakes!

6 Pre-heat your oven up to 100 degrees and put the focaccia in for a few mins to warm it up.



3 Add the potatoes and continue to cook for another 5 mins.

7 Stir the coriander into the soup. Serve it with pancetta sprinkled across the top and big chunks of warm focaccia on the side.



4 Add 600ml of water and bring the pan to a gentle simmer. Add in the stock pot, the tin of tomatoes and the rinsed lentils. Allow the mixture to simmer for 20 mins or until the lentils are soft.

5 In a separate pan, cook the pancetta in a tsp of olive oil on medium heat. Cook the pancetta for around 5 mins or until it is crispy around the edges. Drain the pancetta of excess oil and keep to

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!