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Soul-Warming Indian Spiced Lentil Soup with Garlic Naan

If you're anything like our Head Chef Patrick, then you'll appreciate that feeling you have when you find a dish you love. And then eat it 5 out of 7 nights a week. That's what happened when he whipped up this little number recently. Creature of habit that he is, he made 3 litres and ate it with renewed delight every day thereafter. Once you taste its soul-warming deliciousness you'll see why.

 35 mins

 veggie

 one pot wonder



Onion (1)



Carrot (1)



Garlic Clove (2)



Sweet Potato (1)



Courgette (1)



Curry Powder (2 tsp)



Red Split Lentils
(180g)



Vegetable Stock
Pot (1)



Chickpeas (½ tin)



Coriander (2 tbsp)



Garlic Naan (1)



Greek Yoghurt
(2 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Onion, sliced	1	
Carrot, chopped	1	
Garlic Clove, chopped	2	
Sweet Potato, chopped	1	
Courgette, chopped	1	
Curry Powder	2 tsp	Mustard
Red Split Lentils	180g	
Vegetable Stock Pot	1	Celery
Chickpeas	½ tin	
Coriander	2 tbsp	
Garlic Naan	1	Gluten
Greek Yoghurt	2 tbsp	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Lentils are particularly rich in lean protein, fibre, iron and folate – perfect for pregnant ladies then!

Nutrition per serving: Calories: 705 kcal | Protein: 30 g | Carbs: 128 g | Fat: 14 g | Saturated Fat: 4 g

1



1 Peel and slice the onion in half through the root and then slice it very thinly into half moons. Peel and chop the carrot into ½cm cubes. Lastly, peel and very finely chop the garlic.

2



2 Heat 1½ tbsp of olive oil in a pot on medium-low heat and add the onion, carrot and garlic. Cook for 7 mins to soften everything up. You do not want to brown the ingredients, so turn the heat down and add 1 tbsp of water if the heat is too high.

3



3 Whilst the mixture gently cooks, peel and chop the sweet potato into 1cm chunks. Slice the courgette in half lengthways and then slice it into 1cm strips lengthways. Turn it widthways and chop into (roughly) 1cm cubes.

4



4 Add the curry powder to the onion and carrot mixture and give it a stir before adding in the sweet potato and the lentils. Turn the heat to medium, pour over 600ml of water and once it comes to a gentle bubble add in the stock pot.

5 Drain and add half the tin of chickpeas, give everything a stir until the stock has dissolved and then leave it to bubble away for 15 mins.

6 In the meantime, roughly chop the coriander leaves. 5 mins before the end, tip in the courgette chunks and turn your oven to 120 degrees. Put your naan bread in the oven and warm it through.

7 Test the soup for seasoning and add a little more salt if you like. Serve with a sprinkle of fresh coriander, a healthy dollop of Greek yoghurt and fill your soul!

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