



# BACONY LENTIL SOUP WITH CARROTS

plus Garlic Toasts & Parmesan

## INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz  
Bacon



6 oz | 12 oz  
Carrots



¼ oz | ¼ oz  
Thyme



1 | 2  
Lentils



1 tsp | 2 tsp  
Garlic Powder



2 | 4  
Chicken Stock Concentrates



½ oz | 1 oz  
Vidalia Onion Paste



2 | 4  
Ciabattas  
Contains: Soy, Wheat



2 TBSP | 4 TBSP  
Garlic Herb Butter  
Contains: Milk



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



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HELLO

### FRENCH LENTIL SOUP

Bacon adds rich smokiness to this hearty French-inspired meal in a bowl!



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 1060



## THE SOUP THICKENS...

Rather than adding flour or cornstarch, you'll mash some of the lentils right into the soup to achieve a rich, thick texture.

## BUST OUT

- Medium pan
  - Peeler
  - Paper towels
  - Medium pot
  - Small bowl
  - Can opener
- 
- Kosher salt
  - Black pepper
  - Cooking oil (1 tsp | 1 tsp)
  - Butter (1 TBSP | 2 TBSP)  
Contains: Milk

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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### 1 COOK BACON

- Heat a medium dry pan over medium-high heat. Add **bacon\***; cook, turning occasionally and adjusting heat if browning too quickly, until crispy, 6-10 minutes. **TIP: If your bacon is lean, add a drizzle of oil to the pan to help crisp it.**
- Turn off heat; transfer to a paper-towel-lined plate. Reserve any **bacon fat** in a small bowl for use in Step 5. Once cool enough to handle, roughly chop bacon.



### 4 MAKE GARLIC TOASTS

- While soup cooks, halve and toast **ciabattas**. Spread with **garlic herb butter**; halve on a diagonal.



### 2 PREP

- While bacon cooks, **wash and dry produce.**
- Trim, peel, and dice **carrots** into ¼-inch pieces. Strip **half the thyme leaves (all for 4 servings)** from stems; roughly chop leaves.



### 5 FINISH SOUP

- Stir **1 TBSP plain butter (2 TBSP for 4 servings)** into pot with **soup** and gently mash about half the lentils with the back of a wooden spoon. **TIP: If you have any reserved bacon fat, stir in as much as you like for added flavor.**
- Taste and season with **salt** and **pepper** if desired.



### 3 START SOUP

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **carrots** and cook, stirring occasionally, until browned and slightly softened, 3-4 minutes.
- Stir in **lentils and their liquid, chopped thyme, garlic powder, stock concentrates, Vidalia onion paste, and ¾ cup water (1½ cups for 4 servings)**. Bring to a boil, then cover and reduce to a simmer. Cook until carrots are tender and flavors have melded, 5-7 minutes. Remove from heat.



### 6 SERVE

- Divide **soup** between bowls; top with **Parmesan** and **bacon**. Serve with **garlic toasts** on the side.

\*Bacon is fully cooked when internal temperature reaches 145°.