



Berberere-Spiced Lentil & Roast Veggie Soup

with Garlic Ciabatta

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Garlic



Onion



Celery



Lentils



Berberere Seasoning



Chopped Tomatoes



Garlic & Herb Seasoning



Vegetable Stock Powder



Ciabatta



Salad Leaves



Herbs

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Plant Based

Calorie Smart

Is there a harder working legume out there than lentils? A master of disguise, they lend a hearty bite to soups and pastas and a richness to curries and dhal. In the case of this lip-smacking dish, the result is a smokey, yet earthy dinner winner, ready to be devoured and sopped up with morsels of garlic ciabatta.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large saucepan

Ingredients

| | 2 People | 4 People |
|-------------------------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| cauliflower | 1 portion (200g) | 1 portion (400g) |
| carrot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| onion | 1 (medium) | 1 (large) |
| celery | 1 stalk | 2 stalks |
| lentils | 1 tin | 2 tins |
| plant-based butter* (for the soup) | 20g | 40g |
| Berberé seasoning | 1 sachet | 2 sachets |
| chopped tomatoes | 1 box | 2 boxes |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| brown sugar* | 1 tsp | 2 tsp |
| water* | 1½ cups | 3 cups |
| ciabatta | 1 packet | 1 packet |
| plant-based butter* (for the bread) | 30g | 60g |
| salad leaves | 1 medium bag | 1 large bag |
| herbs | 1 bag | 1 bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2551kJ (610Cal) | 350kJ (84Cal) |
| Protein (g) | 20.6g | 2.8g |
| Fat, total (g) | 24.6g | 3.4g |
| - saturated (g) | 14.2g | 1.9g |
| Carbohydrate (g) | 71.1g | 9.8g |
| - sugars (g) | 21.1g | 2.9g |
| Sodium (mg) | 2465mg | 338mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **cauliflower** into small florets. Cut **carrot** into bite-sized chunks. Place **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



Toast the ciabatta

While the soup is simmering, slice **ciabatta** in half lengthways. In a small heatproof bowl, add **garlic** and **plant-based butter (for the bread)**. Microwave until melted, **10 second** bursts. Season with **salt**. Brush **garlic butter** over the cut sides of **ciabatta** and place on the oven tray. Bake until golden, **5 minutes**.



Get prepped

Meanwhile, finely chop **garlic**, **onion** and **celery**. Drain and rinse **lentils**.



Finish the soup

Add **roasted veggies** and **salad leaves** to the **soup** and cook until wilted, **1-2 minutes**.



Start the soup

In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **celery** until tender, **3-4 minutes**. Add **plant-based butter (for the soup)** and **Berberé seasoning** and cook, stirring, until fragrant, **1 minute**. Add **lentils**, **chopped tomatoes**, **garlic & herb seasoning**, **vegetable stock powder**, the **brown sugar** and the **water**. Bring to the boil, then reduce heat to medium and simmer, **5-6 minutes**.



Serve up

Roughly chop **herb** leaves. Divide Berberé-spiced lentil and roast veggie soup between bowls. Garnish with herbs. Serve with garlic ciabatta.

Enjoy!