



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Silver Lining Carrot & Spiced Lentil Soup with Herb Focaccia

They say that every cloud has a silver lining and though summer still seems a long way off it does mean you can slurp big bowls of hearty, nutrition-packed, homemade soup! This is one of Patrick's absolute favourites since it's super quick to make but beats the pants off any of the store bought alternatives. We've added a kick of chilli to raise your temperature that little bit more and fight off any winter colds. Enjoy!



40 min



veggie



Level 1



one pot wonder



healthy



Onion



Celery



Carrot



Garlic



Maris Piper Potatoes



Fresh Coriander



Red Split Lentils



Vegetable Stock & Chilli Flakes



Organic Chopped Tomatoes



Herb Focaccia

Ingredients

| | 2P | 4P |
|-------------------------------|---------|----------|
| Onion, diced | 2/3 cup | 1 cup |
| Celery, diced 1 | 1 stick | 2 sticks |
| Carrot, diced | 1 | 2 |
| Maris Piper Potatoes, chopped | 150g | 300g |
| Garlic Clove, diced | 1 | 2 |
| Fresh Coriander, chopped | 3 tbsp | 6 tbsp |
| Red Split Lentils | 1/3 cup | 1/2 cup |
| Chilli Flakes | 1/2 tsp | 1 tsp |
| Vegetable Stock 1 | 1 pot | 2 pots |
| Organic Chopped Tomatoes | 1 tin | 2 tins |
| Herb Focaccia 2 | 1 | 2 |

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Celery | **2)** Gluten

Nutrition per serving: Calories: 403 kcal | Protein: 15 g | Carbs: 72 g | Fat: 6g | Saturated Fat: 1g



1 Peel and dice the onion, 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.



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.



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



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

5 Heat your oven to 100 degrees and put the focaccia in for a few mins to warm it up.

6 Turn down the radiators in preparation for a bowl of 'central eating'.

7 Stir the coriander into the soup then serve it with big chunks of warm focaccia on the side.