HELLO FRESH

Coconut and Lentil Soup
with Baby Spinach and Buttery Naans

Classic • 25-30 Minutes • *Medium Spice* • 3 of your 5 a day

4

Red Onion

Garlic Clove

Medium Tomato

Lentils

Lime

Pasanda Style Seasoning

Coconut Milk

Vegetable Stock Paste

Baby Spinach

Mango Chutney

Plain Naan Breads

Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper, Butter

CUSTOM RECIPE

If you chose to add or double up on your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, fine grater, saucepan and toaster.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Medium Tomato	1	2	2
Lentils	1 carton	1½ cartons	2 cartons
Lime**	½	¾	1
Pasanda Style Seasoning	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste 10)	15g	23g	30g
Baby Spinach**	40g	60g	100g
Mango Chutney	40g	60g	80g
Plain Naan Breads 7) 13)	2	3	4
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Soup*	200ml	300ml	400ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge*

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe Per serving	Custom Recipe Per 100g
for uncooked ingredient	556g	100g	686g	100g
Energy (kJ/kcal)	3636 /869	654 /156	4284 /1024	624 /149
Fat (g)	37.3	6.7	39.6	5.8
Sat. Fat (g)	23.5	4.2	24.2	3.5
Carbohydrate (g)	106.4	19.1	106.5	15.5
Sugars (g)	22.3	4.0	22.5	3.3
Protein (g)	24.1	4.3	55.6	8.1
Salt (g)	4.66	0.84	4.85	0.71

*Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).*

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1 Get Prepped

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Cut the **tomato** into 2cm chunks. Drain and rinse the **lentils** in a sieve.

Zest and halve the **lime** (see ingredients for amount).

2 Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, fry the **onion**, stirring frequently, until softened, 5-6 mins.

Add the **pasanda style seasoning**, **lime zest** and **garlic**. Stir-fry for 1 min more.

Stir in the **coconut milk**, **lentils**, **veg stock paste** and **water for the soup** (see pantry for amount) until combined.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan with the **onion** and stir-fry until browned all over, 5-6 mins, then add the **pasanda style seasoning** and other **flavourings** to the pan. Make sure the **chicken** is cooked through in the next step. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

3 Simmer your Curry

Bring the **soup** to the boil, then reduce the heat to low and simmer until slightly thickened, 6-8 mins.

Once thickened, stir through the **tomato chunks** and **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

4 Warm the Naans

Once the **veg** has been added to the **soup**, cut the **naans** in half widthways, then put in your toaster until golden.

When toasted, generously spread the **butter** (see pantry for amount) over the **naans**.

5 Bring on the Chutney

Once the **soup** has thickened slightly, stir through the **mango chutney** and a squeeze of **lime juice**.

Season to taste with **salt**, **pepper** and more **lime juice** if needed. Remove from the heat.

6 Serve

Share the **lentil soup** between your bowls.

Serve with the **buttery naans** alongside.

Enjoy!