



Coconut and Lentil Soup with Kale and Buttery Naans

Classic 25-30 Minutes • **Very Hot** • 2 of your 5 a day

42



Onion



Garlic Clove



Medium Tomato



Lentils



Lime



Pasanda Style Seasoning



Coconut Milk



Vegetable Stock Paste



Chopped Kale



Plain Naans



Mango Chutney



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter

+ Add Chicken Breast

If you chose to add diced chicken breast, 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. Ingredients in red are hot!

Cooking tools

Garlic press, sieve, fine grater, saucepan and baking tray.

Ingredients

Ingredients	2P	3P	4P
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	180ml	250ml	360ml
Vegetable Stock Paste 10	15g	22g	30g
Chopped Kale**	100g	100g	100g
Plain Naans 7 13	2	3	4
Mango Chutney	40g	60g	80g
Diced British Chicken Breast**	240ml	390ml	520ml

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	Per 100g
for uncooked ingredient	666g	100g	769g	100g
Energy (kJ/kcal)	3384 / 809	508 / 121	4031 / 963	506 / 121
Fat (g)	31.8	4.8	34.1	4.3
Sat. Fat (g)	17.7	2.7	18.3	2.3
Carbohydrate (g)	102.8	15.4	102.9	12.9
Sugars (g)	21.6	3.2	21.7	2.7
Protein (g)	26.8	4.0	58.3	7.3
Salt (g)	4.57	0.69	4.76	0.60

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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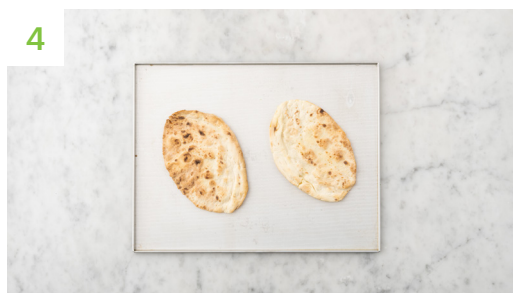
Get Prepped

If you don't have a toaster, heat your oven to 220°C/200°C fan/gas mark 7 for the **naans**.

Halve, peel and thinly slice the **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).



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.

If you're using the oven, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.

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



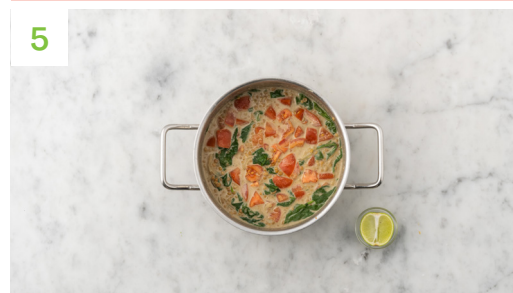
Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, fry the **onion** and cook, 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.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **onion**. Fry for the same amount of time, the **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Season to Taste

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

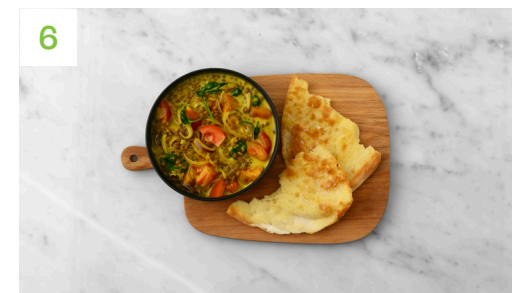
Season to taste with **salt**, **pepper** and more **lime juice** if needed. Remove from the heat.



Simmer your Soup

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**. Add the **kale** and cook until tender and wilted, 2-3 mins



Serve

Share the **lentil soup** between your bowls. Serve with the **buttery naans** alongside.

Enjoy!