



Chermoula Spiced Lentil, Carrot and Tomato Soup

with Roasted Pepper and Garlic Naan Dippers

40

Classic 25-30 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Green Pepper



Red Split Lentils



Garlic Clove



Carrot



White Cumin Seeds



Chermoula Spice Mix



Tomato Puree



Vegetable Stock Paste



Plain Naan Breads



Greek Style Natural Yoghurt



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

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

Cooking tools

Kettle, baking tray, saucepan, sieve, garlic press, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Green Pepper**	1	2	2
Red Split Lentils	100g	150g	200g
Garlic Clove**	3	4	6
Carrot**	1	2	2
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Chermoula Spice Mix	2 sachets	2 sachets	4 sachets
Tomato Puree	30g	60g	60g
Vegetable Stock Paste (10)	15g	25g	30g
Plain Naan Breads (7) (13)	2	3	4
Greek Style Natural Yoghurt** (7)	75g	120g	150g
Greek Style Salad Cheese** (7)	100g	150g	200g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	550ml	800ml	1100ml
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	439g	100g
Energy (kJ/kcal)	3483 / 832	793 / 189
Fat (g)	26.8	6.1
Sat. Fat (g)	11.0	2.5
Carbohydrate (g)	109.0	24.8
Sugars (g)	17.1	3.9
Protein (g)	35.0	8.0
Salt (g)	4.18	0.95

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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Roast the Peppers

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Halve the **green pepper** and discard the core and seeds. Slice into thin strips, then cut the strips in half widthways. Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins. Turn halfway.



Simmer your Soup

Add the **tomato puree**, **vegetable stock paste**, **par-cooked lentils**, **sugar** and **water for the sauce** (see pantry for both amounts) to the saucepan.

Bring to the boil, then lower the heat and simmer until thickened, 8-10 mins.



Par-Cook the Lentils

Pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.

Add the **red lentils** and bring back to the boil.

Lower the heat and simmer until the **lentils** are starting to soften, 6-7 mins - you'll finish cooking them in the **soup** later. Drain in a sieve and set aside.



Make the Garlic Naans

In a small bowl, combine the remaining **garlic** with the **olive oil for the garlic bread** (see pantry for amount). Season with **salt** and **pepper**, then spread over the **naans**.

Once the **pepper** is cooked, stir it through the **lentil soup**. Season with **salt** and **pepper**.

Pop the **naans** onto the (now empty) baking tray and into the oven until starting to turn golden, 5-6 mins.



Build the Spicy Flavour

In the meantime, peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, then coarsely grate (no need to peel).

Pop the (now empty) saucepan back on high heat with a drizzle of **oil**.

Once hot, add the **carrot** and stir-fry until slightly tender, 2-3 mins.

Add the **cumin seeds**, **chermoula spice mix** and **half the garlic**, then cook until fragrant, 1 min more.



Finish and Serve

When ready, share the **soup** between your bowls. Drizzle over the **yoghurt** and crumble over the **Greek style salad cheese**.

Cut the **garlic naans** into dippers and serve alongside.

Enjoy!