



# Mulligatawny Style Soup and Spiced Broccoli with Creme Fraiche and Naan

Classic 25-30 Minutes • 2 of your 5 a day • Veggie

42



Garlic Clove



Tomato Puree



Korma Style Paste



Vegetable Stock Paste



Red Split Lentils



Broccoli



North Indian  
Style Spice Mix



Plain Naan Breads



Mango Chutney



Creme Fraiche

**Pantry Items**  
Oil, Salt, Pepper

## 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, saucepan and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Korma Style Paste <b>9)</b>	50g	75g	100g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Red Split Lentils	50g	100g	150g
Broccoli**	1	1½	2
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Plain Naan Breads <b>7) 13)</b>	2	3	4
Mango Chutney	40g	60g	80g
Creme Fraiche** <b>7)</b>	75g	120g	150g

Pantry	2P	3P	4P
Water for the Sauce*	600ml	900ml	1200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3354 /802	773 /185
Fat (g)	28.0	6.4
Sat. Fat (g)	9.3	2.1
Carbohydrate (g)	106	24.4
Sugars (g)	22.4	5.2
Protein (g)	26.9	6.2
Salt (g)	3.82	0.88

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

## Allergens

**7)** Milk **9)** Mustard **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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## Build the Flavour

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **garlic, tomato puree** and **korma style paste**. Cook until fragrant, 1-2 mins.



## Warm the Naans

When the **soup** has 5 mins remaining, put the **naans** onto a baking tray.

Sprinkle with a **little water** and pop them into the oven to warm through, 2-3 mins.



## Cook the Lentils

Add the **vegetable stock paste** and **water for the sauce** (see pantry for amount) to your pan and stir to combine.

Stir the **lentils** through the **soup**, bring back to the boil, then lower to a simmer.

Cook until the **lentils** are tender, 15-20 mins. Stir occasionally to make sure they aren't sticking to the bottom of the pan and add a splash of **water** if it gets too dry.



## Finishing Touches

When the **lentils** are cooked, stir the **mango chutney** and **creme fraiche** through the **soup**.

Taste and season with **salt** and **pepper** if needed.



## Roast the Broccoli

Meanwhile, cut the **broccoli** into florets (like small trees), halving any large ones.

Pop the **broccoli florets** onto a baking tray. Drizzle with **oil**, sprinkle over the **North Indian style spice mix** and season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins.



## Serve

Share the **soup** between your bowls and top with the **roasted broccoli**.

Serve your **naans** alongside for dipping.

Enjoy!