

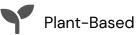


## Tomato Red Lentil and Sweet Potato Soup

A creamy coconut lentil soup using Turban Chopsticks' South Indian Spiced Tomato Dahl kit, filled with goodness from sweet potatoes and kale, finished with lime and fresh mint.







# Jazz it up!

Add a dollop of coconut yoghurt for a cooling finish! Toast some pepita or sunflower seeds to use as a topping if you have some!

TOTAL FAT CARBOHYDRATES

10g 30g

## **FROM YOUR BOX**

BROWN ONION	1
SPICED TOMATO DAHL KIT	1 packet
SWEET POTATOES	600g
TOMATOES	3
TOMATO PASTE	1 sachet
COCONUT MILK	400ml
MINT	1 packet
LIME	1
SHAVED COCONUT	1 packet
KALE	1 bunch

#### FROM YOUR PANTRY

oil for cooking, salt, 1 vegetable stock cube

### **KEY UTENSILS**

large saucepan with lid, frypan

#### **NOTES**

Use coconut oil for extra fragrance if you have some.

Protein upsize: Spiced tomato dahl kit plus coconut milk. Simmer as per step 3 with an extra 3 cups water.





## 1. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil** (see notes). Dice and add onion along with spices from dahl kit. Cook for 2-3 minutes until fragrant.



## 2. ADD THE VEGETABLES

Dice sweet potato and tomatoes. Add to pan as you go. Crumble in 1 stock cube and stir in tomato paste.



## 3. SIMMER THE LENTILS

Add lentils from dahl kit, coconut milk and **1L water**. Cover and bring to a boil. Reduce heat to medium-high and simmer for 12 minutes or until sweet potato is tender.



## 4. PREPARE THE TOPPINGS

Meanwhile, slice mint leaves and zest lime.

Add coconut to a dry frypan and toast for 3-4 minutes until golden. Set aside.



## 5. ADD THE KALE

Thinly shred kale leaves. Stir through lentils until wilted (add more water if needed). Squeeze in juice from 1/2 lime (wedge remaining) and season to taste with **salt**.



## 6. FINISH AND SERVE

Divide soup among bowls. Top with mint, lime zest and coconut. Serve with lime wedges.

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