

**Product Spotlight:
Lentils**

Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about three whole eggs!



Outback Lentil Soup

A rustic lentil soup with hearty vegetables, simmered with GH Produce's blend of native pepperberry, rosemary and saltbush, finished with sharp parmesan cheese.



30 minutes



2 servings



Vegetarian

Slow cook it!

Add all the ingredients into your slow cooker in the morning for a delicious meal ready for you at the end of the day! Serve with some crusty bread if desired!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	19g	59g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
MEDIUM POTATOES	2
TOMATO	1
VEGGIE STOCK PASTE	1 jar
CLASSIC STEW MIX	1 sachet
THYME	1 packet
PARMESAN CHEESE	1 packet
TINNED BROWN LENTILS	400g
LEMON	1

FROM YOUR PANTRY

olive oil, salt, pepper

KEY UTENSILS

saucepan with lid

NOTES

Dice the root vegetables into 1-2cm pieces for a quicker cook time.

The cheese added in step 2 will slowly melt down and flavour the soup as well as help thicken it.



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1. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium heat with **olive oil**. Dice **onion**, **carrot**, **potatoes** and **tomato** (see notes). Add all to pan as you go. Cook for 5 minutes until beginning to soften.



2. ADD THE AROMATICS

Add **stock paste**, **stew mix** and **2-3 sprigs of thyme** to pan. Stir in **1/3 packet parmesan cheese**.



3. SIMMER THE SOUP

Pour in **lentils** along with **water from tin**. Stir in extra **2 cups water**. Bring to a boil, semi-cover and simmer for 15 minutes until **vegetables** are tender.



4. FINISH AND SERVE

Add **1/2 lemon zest and juice** to **soup**. Season with **salt and pepper** to taste. Divide soup among bowls. Garnish with **thyme leaves**, **remaining parmesan cheese** and a drizzle of **olive oil**. Serve with **lemon wedges**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

