DINNER TWIST
LOCAL, HEALTHY, DELIVERED

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

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!

🕙 30 minutes   🍴 4 servings   🥗 Vegetarian

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	21g	79g

FROM YOUR BOX

FENNEL	1
CARROTS	2
MEDIUM POTATOES	3
TOMATOES	2
PARMESAN CHEESE	1 block
VEGGIE STOCK PASTE	1 jar
CLASSIC STEW MIX	1 sachet
THYME	1 packet
TINNED BROWN LENTILS	2 x 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.

1. SAUTÉ THE VEGETABLES

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

2. ADD THE AROMATICS

Dice 50g parmesan cheese (1/4 block). Add to pan along with stock paste, stew mix and 2-3 sprigs of thyme (see notes).

3. SIMMER THE SOUP

Pour in lentils along with water from tin. Stir in extra **2 1/2 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, finely grated parmesan 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**