

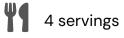




Outback Lentil Soup

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







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!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

19g 24

44g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
MEDIUM POTATOES	3
TOMATOES	2
VEGGIE STOCK PASTE	1 jar
CLASSIC STEW MIX	1 sachet
ТНҮМЕ	1 packet
PARMESAN CHEESE	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.





1. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium heat with olive oil. Dice onion, 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

Add 1/2 jar 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 1/2 cups water. Bring to a boil, semi-cover and simmer for 15 minutes until vegetables are tender.



4. FINISH AND SERVE

cheese and a drizzle of olive oil. Serve with lemon wedges.

