




**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

 4 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
	19g	24g	44g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
MEDIUM POTATOES	3
TOMATOES	2
VEGGIE STOCK PASTE	1 jar
CLASSIC STEW MIX	1 sachet
THYME	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.



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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

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

