

**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



4/6 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
4/6 Person:	36g/25g	10g/7g	59g/52g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CARROTS	2	3
MEDIUM POTATOES	3	5
TOMATOES	2	3
VEGGIE STOCK PASTE	1 jar	1 jar
CLASSIC STEW MIX	1 sachet	2 sachets
THYME	1 packet	1 packet
PARMESAN CHEESE	1 packet	1 packet
TINNED BROWN LENTILS	2 x 400g	2 x 400g
LEMON	1	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.



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**.

6P – add **zest and juice from lemon** to taste. Serve with any remanning lemon.



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**.

6P – add **1 jar stock paste**, **stew mix** and **3-4 sprigs go thyme** to pan. Stir in **1/2 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.

6P – stir in extra **3-4 cups water**.

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**

