



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Turban Chopsticks


This Perth-based business creates a range of meal kits including hand roasted spices to bring the perfect balance to your meal. Add any protein and veggies to suit your taste!



3 Coconut Lentil Soup

A creamy lentil soup with charred broccolini, served with a squeeze of lemon and fresh mint.

 30 mins

 4 servings

 Plant-Based

27 August 2021

Stretch it out!

If you are looking to stretch this dish out to serve more people, simply add some side dishes! Who could say no to onion bhaji's, Bombay potatoes or flakey naan bread?

Per serve: **PROTEIN** 13g **TOTAL FAT** 18g **CARBOHYDRATES** 28g

FROM YOUR BOX

SPRING ONIONS	1/2 bunch *
SOUTH INDIAN DHAL KIT	1 packet
TOMATOES	2
TOMATO PASTE	1 sachet
COCONUT MILK	400ml
BROCCOLINI	2 bunches
RED CAPSICUM	1
KALE	1/2 bunch *
LEMON	1
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin

KEY UTENSILS

large saucepan, frypan

NOTES

Top your soup with a dollop of raita for a creamy, fresh topping.



1. SAUTÉ THE AROMATICS

Heat a saucepan over medium-high heat with **oil**. Slice spring onions (reserve green tops) and add to pan as you go. Stir in spices from kit and cook for 1 minute, until fragrant.



2. SIMMER THE SOUP

Chop tomatoes and add to pan along with 1 tbsp tomato paste. Pour in coconut milk, lentils and **1 L water**. Stir to combine. Simmer, covered, for 15–20 minutes, or until lentils are tender.



3. CHAR BROCCOLINI

Heat a frypan over high heat. Trim broccolini, cut into thirds. Slice capsicum. Toss in a bowl with **oil, 2 tsp cumin, salt and pepper**. Cook in pan for 2–3 minutes until charred and tender. Take off heat.



4. ADD KALE

Remove kale leaves from stalks and roughly chop. Stir through soup. Cook for 2–3 minutes. Squeeze in juice from half lemon. Season with **salt and pepper**.



5. PREPARE GARNISHES

Pick mint leaves from stalks and roughly chop. Cut remaining lemon into wedges and thinly slice reserved spring onion tops.



6. FINISH AND PLATE

Divide soup between bowls, top with broccolini, capsicum and prepared garnishes.

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

