




Product Spotlight: Lentils


Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g in every one cup serving – the equivalent to eating about 3 whole eggs!



3 Turmeric & Lime Tagine Soup

A fragrant red lentil, sweet potato and kale soup using Exotic Bazaar's Middle Eastern turmeric & lime simmer sauce.

 30 minutes

 2 servings

 Plant-Based

20 July 2020

Mix it up!

Stretch this dish out and serve with rice on the side. Add tinned chickpeas and beans for extra protein or extra vegetables such as eggplant and mushrooms.

Per serve: **PROTEIN** 21g **TOTAL FAT** 15g **CARBOHYDRATES** 85g

FROM YOUR BOX

BROWN ONION	1/2 *
SWEET POTATOES	300g
YELLOW CAPSICUM	1
RED LENTILS	1 packet (100g)
TAGINE SIMMER SAUCE	1 jar (250ml)
PARSLEY	1/4 bunch *
LEMON	1/2 *
KALE	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, stock cube (1/2)

KEY UTENSILS

large saucepan with lid

NOTES

You can use 1 tbsp of stock paste or 1L liquid stock instead of a stock cube if preferred.



1. SAUTÉ THE VEGETABLES

Heat a saucepan over medium heat with **1 tbsp olive oil**. Dice onion, sweet potatoes and capsicum. Add to pan as you go.



2. ADD THE SIMMER SAUCE

Crumble in **1/2 stock cube** and stir in lentils. Pour in tagine simmer sauce and **3 cups water**. Cover and simmer for 20 minutes until lentils and vegetables are soft (see step 4).



3. PREPARE THE TOPPINGS

Finely chop parsley and wedge lemon.



4. STIR THROUGH KALE

Slice kale leaves and stir through soup until wilted. Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Divide soup among bowls. Garnish with parsley and 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**

