W2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Spiced Red Lentil Soup

A nourishing red lentil soup simmered with hearty sweet potato and infused with warming cumin. Served with crunchy sourdough rolls and finished with a sprinkle of fresh parsley

35 minutes | 2 servings | Vegetarian

FROM YOUR BOX

BROWN ONION	1
CELERY STALK	1
SWEET POTATO	400g
RED LENTILS	100g
TINNED CHOPPED TOMATOES	400g
SOURDOUGH ROLLS	2-pack
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, 1 vegetable stock cube, ground cumin

NOTES

For protein boost, stir in chickpeas or white beans during final 5 minutes.

No gluten option - sourdough rolls are replaced with GF bread.

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1. SAUTÉ THE VEGETABLES

Heat a large saucepan (with lid) over medium heat with **olive oil.** Dice and add **onion, celery** and **sweet potato**. Stir in **1 tbsp cumin** and cook for 5 minutes until softened.

TIP *Swap ground cumin for a Moroccan or Indian spice blend. Add extra veg like capsicum or zucchini if you like.*

2. SIMMER THE SOUP

Crumble in **1 vegetable stock cube**. Pour in **lentils**, **chopped tomatoes** and **600ml water**. Cover and simmer for 20-25 minutes or until lentils and vegetables are tender.

TIP *For a creamy version, replace some water with coconut milk.*

3. TOAST THE ROLLS (OPTIONAL)

Toast the **sourdough rolls** in the oven or sandwich press until golden and crunchy.

TIP *Slice rolls and brush with garlic butter, or top with grated cheese before toasting for a fun twist.*

4. FINISH AND SERVE

Chop **parsley** and use to garnish soup. Serve in bowls with crusty **sourdough rolls.**

TIP *Add lemon wedges or a few slices of fresh chilli to brighten flavours. Serve with a dollop of natural yoghurt or sour cream.*

This recipe has simplified instructions to help lower your meal cost.