



## 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
SOYDOUGH 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** – soydough rolls are replaced with GF bread.

## 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 tbs 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 **soydough 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 **soydough 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.**