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   🍴 4 servings   🥗 Vegetarian

FROM YOUR BOX

BROWN ONION	1
CELERY STALKS	2
SWEET POTATO	400g
RED LENTILS	200g
TINNED CHOPPED TOMATOES	400g
SOURDOUGH ROLLS	2 x 2-pack
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, 2 vegetable stock cubes, 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.

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 **2 vegetable stock cubes**. Pour in **lentils**, **chopped tomatoes** and **1.2L water**. Cover, bring to a boil 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.