



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



4/6 servings



Vegetarian

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CELERY STALKS	2	3
SWEET POTATO	400g	800g
RED LENTILS	200g	200g + 100g
TINNED CHOPPED TOMATOES	400g	2 x 400g
SOUSDough ROLLS	4	6
PARSLEY	1 packet	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.

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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.

6P – stir in 2 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.

6P – pour in lentils, chopped tomatoes and 1.8L water.

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.