



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Mint


Mint is frequently used in various industries in the production of baked goods, chocolates and chewing gums as well as various lotions, perfumes and shampoos!



1 Seafood Lentil Soup

A creamy coconut lentil soup with seafood marinara mix, finished with a squeeze of lemon and fresh mint.

 30 mins

 2-3 servings

 Fish

27 August 2021

Stretch it out!

If you are looking to stretch this dish out to serve more people, simply add some side dishes! Who could say no to onion bhaji's, Bombay potatoes or flakey naan bread?

Per serve: **PROTEIN** 32g **TOTAL FAT** 38g **CARBOHYDRATES** 29g

FROM YOUR BOX

SPRING ONIONS	1/2 bunch *
RED LENTIL DHAL KIT	1 packet
TOMATO	1
TOMATO PASTE	1 sachet
COCONUT MILK	400ml
MINT	1/2 bunch *
LEMON	1
BABY WOMBOK CABBAGE	1/2 *
SEAFOOD MARINARA MIX	1 packet (250g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

saucepan

NOTES

If spices and red lentils are combined in the packet, add both at this step.

Give the seafood mix a quick rinse in a colander before adding to the soup.

No fish option - seafood marinara mix is replaced with diced chicken breast. Sauté chicken at step 1 with aromatics and leave in saucepan for remainder of cooking time.



1. SAUTÉ THE AROMATICS

Heat a saucepan over medium-high heat with **oil**. Slice spring onions (reserve green tops) and add to pan as you go. Stir in spices from kit (see notes) and cook for 1 minute, until fragrant.



2. SIMMER THE SOUP

Chop tomato and add to pan along with 1/2 tbsp tomato paste. Pour in coconut milk, lentils and **750 ml water**. Stir to combine. Simmer, covered, for 15-20 minutes, or until lentils are tender.



3. PREPARE GARNISHES

Roughly chop mint leaves. Wedge half lemon and thinly slice reserved spring onions.



4. ADD SEAFOOD

Rinse and slice cabbage. Stir through soup with seafood mix (see notes). Squeeze in juice from half lemon. Cook for 2-3 minutes, or until seafood is cooked through. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide soup between bowls and serve with preserved garnishes.

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

