



# CHUNKY RED LENTIL, SWEET POTATO & COCONUT SOUP

with Fried Chapati



Make a creamy coconut soup



Sweet Potato



Brown Onion



Garlic



Lemon



Red Lentils



Mild North Indian Spice Blend



Coconut Milk



Chilli Flakes (Optional)



Vegetable Stock



Baby Spinach Leaves



Chapati Wraps



Greek Yoghurt

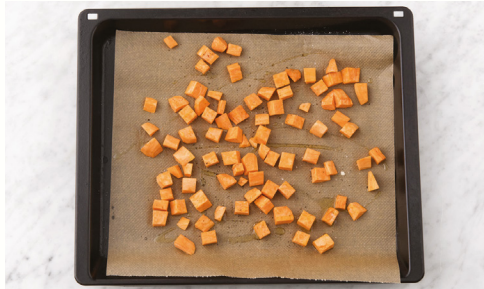
Hands-on: **20 mins**  
Ready in: **40 mins**  
Spicy (optional chilli flakes)

This welcoming bowl of gently spiced sweet potato and lentils is a true giver. All it requires is a little prep, then you can walk away for 20 minutes while it cooks itself. Add a few finishing touches, fry up some chapati and you're ready to roll.

**Pantry Staples:** Olive Oil

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **oven tray** lined with **baking paper** • **large saucepan** • **medium frying pan**



### 1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Peel the **sweet potato** and cut into 1cm chunks. Place the **sweet potato** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. **TIP:** *Cut the sweet potato to the correct size so it cooks in the allocated time.*



### 4 FINISH THE SOUP

When the **sweet potato** is done, use a potato masher to roughly mash it (you can do this while it's still on the tray). Stir the mashed **sweet potato** and **baby spinach leaves** through the soup until well combined and the spinach has wilted. Add the **lemon zest**, a **generous squeeze** of **lemon juice** and season to taste with **salt** and **pepper**. **TIP:** *Taste and add more lemon juice, if you prefer.*



### 2 GET PREPPED

While the **sweet potato** is roasting, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a generous **pinch**, then slice into wedges. Rinse the **red lentils**.



### 5 HEAT THE CHAPATI WRAPS

While the soup is cooking, brush a **chapati wrap** on both sides with **olive oil**. Heat a medium frying pan over a medium-high heat and add the **chapati**. Cook until golden, **1 minute** each side. Transfer to a plate lined with paper towel and repeat with the **remaining chapati** (see ingredients list).



### 3 START THE SOUP

In a large pot or saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **mild North Indian spice blend** and cook, stirring, until fragrant, **1 minute**. Add the **red lentils**, **water**, **coconut milk** and a **pinch** of **chilli flakes** (if using). Crumble in the **vegetable stock** cubes and stir to combine. Bring to a simmer, then cover the pan with a lid and cook until the **lentils** are soft, **20-22 minutes**.



### 6 SERVE UP

Divide the chunky red lentil, sweet potato and coconut soup between bowls. Top with a dollop of **Greek yoghurt** and serve with the chapati wraps and any remaining lemon wedges.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
garlic	2 cloves	4 cloves
lemon	1	2
red lentils	1 packet	2 packets
mild North Indian spice blend	2 sachets	4 sachets
water*	3 cups	6 cups
coconut milk	1 box (200ml)	2 boxes (400ml)
chilli flakes (optional)	pinch	pinch
vegetable stock	2 cubes	4 cubes
baby spinach leaves	1 bag (120g)	1 bag (240g)
chapati wraps	2	4
Greek yoghurt	1 packet (100g)	2 packets (200g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2920kJ (698Cal)	549kJ (131Cal)
Protein (g)	30.1g	5.7g
Fat, total (g)	21.5g	4.0g
- saturated (g)	11.9g	2.3g
Carbohydrate (g)	86.8g	16.3g
- sugars (g)	21.3g	4.0g
Sodium (g)	1170mg	219mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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