






Cooking Made Easy

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## Lentil and Mushroom Soup with Parmesan Toasts

We're optimistically looking ahead to warmer weather but we're not out of the woods yet. With that in mind you'll be knocking up this chunky, nutrition packed soup tonight to keep the chills at bay. Ironically the toasts will be even better if your bread is a bit stale when you make them, so if this is the last meal of the week then all the better!



30 min



veggie



Vegetable Stock Pot



Organic Lentils



Carrot



Potato



Garlic Clove



Celery



Chestnut Mushrooms



Dried Porcini Mushrooms



Thyme



Wholemeal Baguette



Hard Italian Cheese



Double Cream

## Ingredients

	2P	4P
Vegetable Stock Pot <b>1</b>	1	2
Organic Lentils	1 tin	2 tins
Carrot, diced	1/3 cup	2/3 cup
Potato, diced	1 cup	2 cups
Garlic Clove, diced	2	3
Celery, diced <b>1</b>	1 stick	2 sticks
Chestnut Mushrooms, chopped	2 cups	3 cups
Dried Porcini Mushrooms	2 tbsp	4 tbsp
Thyme	3 sprigs	5 sprigs
Wholemeal Baguette <b>2</b>	1	2
Hard Italian Cheese, grated <b>3</b>	2 tbsp	4 tbsp
Double Cream <b>3</b>	4 tbsp	6 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Celery | 2) Gluten

3) Milk

**Nutrition per serving:** Calories: 635 kcal | Protein: 33 g | Carbs: 109 g | Fat: 7 g | Saturated Fat: 3 g



**1** Boil 600ml of water with the stock pot. Drain and thoroughly rinse the lentils. Peel and finely dice the carrot, potato and one clove of garlic. Finely dice the celery and finely chop the chestnut mushrooms.



**2** Soak the dried porcini mushrooms in half a cup of warm water.



**3** Heat 1 tbsp of olive oil and 1 tsp of butter (if you have it) in a pot on medium-low heat. Gently fry the carrot, celery and diced garlic with a pinch of salt and pepper. Pull the leaves from the thyme stalk and add these too.

**Tip:** Don't let the vegetables brown and reduce heat if necessary.



**4** After 5 mins add in the diced potato and the chestnut mushrooms. Lift the porcini from the water and chop up finely before adding to the pan. Add another pinch of salt and pepper and keep the porcini water. Pre-heat the oven to 190 degrees.

**5** After 5 mins add the stock and porcini water to the pan. Bubble the liquid away on medium heat until it has thickened up (15 mins).

**6** Slice the baguette widthways into slices just under 1cm thick and place in the oven. Bake the bread for around 8 mins until crispy. Chop the remaining clove of garlic in half and rub this over each piece of warm bread.

**7** Drizzle a little olive oil and a pinch of salt and pepper on each piece of bread. Top them with the hard Italian cheese and put back in the oven until the cheese melts.

**8** Add the lentils to the soup and cook for one minute before removing from the heat. Stir in the 4 tbsp of cream and add more salt and pepper to taste. Serve the soup with the Italian toasts on top and dive in!