



More Than Food
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within
4 days



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Ash-e Reshteh with Smoked Cheese Pitas and Garlicky Lemon Yoghurt

This gorgeous soup is inspired by a lovely, family-run Persian restaurant in Leeds. It is packed with healthy beans, spinach, onions and fresh herbs and delicately spiced with earthy turmeric. The Greek yoghurt (in Persian cuisine they use a kind of creamy whey) really brings all the flavours together and adds a layer of temperature and textural contrast. And the smoky, cheesy pita gives you something to dip!



40 mins



healthy



veggie



spicy



Onion



Garlic Clove



Ground Turmeric



Chilli Flakes



Mint



Flat Leaf Parsley



Spring Onion



Organic Mixed Beans



Flour



Baby Spinach



Vegetable Stock Pot



Lemon



Greek Yoghurt




Smoked Cheese



Wholemeal Pita

Ingredients

| | 2P | 4P |
|------------------------------|-------------|------------|
| Onion, sliced | 1 | 2 |
| Garlic Clove, sliced | 3 | 6 |
| Ground Turmeric | ½ tbsp | 1 tbsp |
| Chilli Flakes | a pinch | ¼ tsp |
| Mint, chopped | 2 tbsp | 4 tbsp |
| Flat Leaf Parsley, chopped | 2 tbsp | 4 tbsp |
| Spring Onion, chopped | 3 | 6 |
| Organic Mixed Beans | 1 tin | 2 tins |
| Flour 1 | 2 tbsp | 4 tbsp |
| Baby Spinach | 1½ handfuls | 3 handfuls |
| Vegetable Stock Pot 2 | 1 | 2 |
| Lemon | ½ | 1 |
| Greek Yoghurt 3 | ½ pot | 1 pot |
| Smoked Cheese 2 | 4 tbsp | 8 tbsp |
| Wholemeal Pita 1 | 2 | 4 |

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

Allergens

- 1) Gluten | 2) Celery
- 3) Milk

Nutrition per serving: Calories: 551 kcal | Protein: 26 g | Carbs: 58 g | Fat: 15 g | Saturated Fat: 8 g



1 Thinly slice your onion into half moons. **Tip:** *To slice the onion into half moons, cut down the middle through the core and peel off the papery layers. Put the onion cut side down and trim off the papery tip. Using the root end to hold onto, slice the onion as thinly as possible. Peel and thinly slice two of your garlic cloves, peel and finely chop the other clove and set this aside.*



2 Heat 2 tbsp of oil in a pan over low-medium heat. Once hot, add the onion and sliced garlic (not the finely chopped bit - this is for later!). Cook for about 10-15 mins, stirring occasionally, until soft. **Tip:** *Add a splash of water if they start to catch. They should be very soft and lightly golden when done. Then add your turmeric, chilli, ¼ tsp of salt and a good grind of pepper and cook for 1 minute.*



3 While the onion and garlic is cooking, roughly chop your mint and parsley. Cut the spring onion in half lengthways and finely chop them - use both white and green parts.



4 Drain and rinse the beans and add to the cooked onion, turn the heat up to medium and cook for 2 mins. Add

the flour and cook for another 2 mins, stirring frequently.

5 Add the chopped mint, parsley, spring onions, spinach, vegetable stock pot, 700ml of water and ¼ tsp of salt to the pan. Raise the heat to high to bring to the boil, then reduce the heat and simmer for 15 mins, stirring occasionally. Just before serving the soup, taste it for seasoning and add more salt and pepper if needed.

6 While the soup is cooking, juice half the lemon and add to a small serving bowl. Mix in the Greek yoghurt, a pinch of salt and some of the finely chopped garlic you saved earlier. **Tip:** *The amount you add is up to you here, it depends on how garlicky you like things!*

7 Turn on the grill and grate your cheese. Toast the pitas on one side for 30-60 seconds, then remove from under the grill, turn over, cover with the grated cheese and grill until the cheese is melted and bubbling. Remove from the oven and slice each pita into quarters.

8 Serve the soup garnished with big dollops of the lemon garlic yoghurt and the melty pitas to dip in it.