



Enjoy within 4 days

More Than Food

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Silver Lining Carrot & Spiced Lentil Soup with Herb Focaccia

They say that every cloud has a silver lining and though summer still seems a long way off, it does mean you can slurp big bowls of hearty, nutrition-packed, homemade soup! This is one of Patrick's absolute favourites since it's super quick to make but beats the pants off any of the store bought alternatives. We've added a kick of chilli to raise your temperature that little bit more and fight off any winter colds. Enjoy!

40 mins

veggie

healthy

one pot wonder

spicy

lactose free



Onion (1/2)



Carrot (1)



Celery (1 stick)



Potato (1)



Garlic Clove (1)



Coriander (3 tbsp)



Red Split Lentils (1/2 cup)



Chilli Flakes (1/4 tsp)



Vegetable Stock Pot (1)




Organic Chopped Tomatoes (1 tin)



Herb Focaccia (1)

Ingredients

	2 PEOPLE	ALLERGENS
Onion, chopped	½	
Carrot, chopped	1	
Celery, chopped	1 stick	Celery
Potato, chopped	1	
Garlic Clove, diced	1	
Coriander, chopped	3 tbsp	
Red Split Lentils	½ cup	
Chilli Flakes	¼ tsp	
Vegetable Stock Pot	1	Celery
Organic Chopped Tomatoes	1 tin	
Herb Focaccia	1	Gluten

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

Allergens

1) Celery | 2) Gluten

Nutrition per serving: Calories: 501 kcal | Protein: 14g | Carbs: 83g | Fat: 12g | Saturated Fat: 2g



1 Peel and chop half the onion and the carrot into roughly 1cm pieces. Chop your celery into 1cm pieces as well and peel and chop the potato into (roughly) 2cm chunks. Peel and finely chop the garlic. Finely chop the coriander and thoroughly rinse the lentils.



2 Add 1 tbsp of oil to a saucepan on medium heat and add the onion, carrot, celery and garlic. Cook for around 6 mins, or until soft.



3 Add the potato and continue to cook for another 5 mins.



4 Add 600ml of water and bring to a gentle simmer. Add in the stock pot, the tomatoes and the rinsed lentils. Allow the mixture to simmer for 20 mins or until the lentils are soft.

5 Heat your oven to 100 degrees and put the focaccia in for a few mins to warm it up.

6 Turn down the radiators in preparation for a bowl of 'central eating'.

7 Stir the coriander into the soup, then serve it with big chunks of warm focaccia on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!