



# Coconut and Lentil Soup with Baby Spinach and Buttery Naans

Classic 25-30 Minutes • Medium Spice • 3 of your 5 a day

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Onion



Garlic Clove



Medium Tomato



Lentils



Lime



Pasanda Style Seasoning



Coconut Milk



Vegetable Stock Paste



Baby Spinach



Mango Chutney



Plain Naans



Diced Chicken Thigh

### Pantry Items

Oil, Salt, Pepper, Butter

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, sieve, fine grater and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Medium Tomato	1	2	2
Lentils	1 carton	1½ cartons	2 cartons
Lime**	½	¾	1
Pasanda Style Seasoning	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste <b>10</b>	15g	23g	30g
Baby Spinach**	40g	60g	100g
Mango Chutney	40g	60g	80g
Plain Naans <b>7</b> <b>13</b>	2	3	4
Diced Chicken Thigh**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Soup*	200ml	300ml	400ml
Butter*	10g	15g	20g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	656g	100g	786g	100g
Energy (kJ/kcal)	3626 / 867	553 / 132	4535 / 1084	577 / 138
Fat (g)	37.3	5.7	49.8	6.3
Sat. Fat (g)	23.5	3.6	27.1	3.5
Carbohydrate (g)	105.5	16.1	105.9	13.5
Sugars (g)	21.8	3.3	21.9	2.8
Protein (g)	24.1	3.7	52.7	6.7
Salt (g)	4.66	0.71	4.92	0.63

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Get Prepped

If you don't have a toaster, heat your oven to 220°C/200°C fan/gas mark 7 for the **naans**.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Cut the **tomato** into 2cm chunks. Drain and rinse the **lentils** in a sieve.

Zest and halve the **lime** (see ingredients for amount).



## Warm the Naans

Once the **veg** has been added to the **soup**, cut the **naans** in half widthways, then put in your toaster until golden.

If you're using the oven, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.

When toasted, generously spread the **butter** (see pantry for amount) over the **naans**.



## Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, fry the **onion** and cook, stirring frequently, until softened, 5-6 mins.

Add the **pasanda style seasoning**, **lime zest** and **garlic**. Stir-fry for 1 min more. Stir in the **coconut milk**, **lentils**, **veg stock paste** and **water for the soup** (see pantry for amount) until combined.

## CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan with the **onion** and stir-fry until browned all over, 5-6 mins, then add the **pasanda style seasoning** and other **flavourings**. Make sure the **chicken** is cooked through in the next step.  
**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Season to Taste

Once the **soup** has thickened slightly, stir through the **mango chutney** and a squeeze of **lime juice**.

Season to taste with **salt**, **pepper** and more **lime juice** if needed. Remove from the heat.



## Simmer your Soup

Bring the **soup** to the boil, then reduce the heat to low and simmer until slightly thickened, 6-8 mins.

Once thickened, stir through the **tomato chunks** and **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



## Serve

Share the **lentil soup** between your bowls. Serve with the **buttery naans** alongside.

Enjoy!