



Mulligatawny Style Soup and Spiced Broccoli with Creme Fraiche and Naan

40

Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Garlic Clove



Tomato Puree



Korma Style Paste



Vegetable Stock Paste



Red Split Lentils



Broccoli



North Indian
Style Spice Mix



Dukkah Mix



Plain Naan Breads



Mango Chutney



Creme Fraiche

Pantry Items
Oil, Salt, Pepper

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, saucepan and baking tray.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|-----------|-----------|-----------|
| Garlic Clove** | 2 | 3 | 4 |
| Tomato Puree | 30g | 45g | 60g |
| Korma Style Paste 9) | 50g | 75g | 100g |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Red Split Lentils | 50g | 100g | 150g |
| Broccoli** | 1 | 1½ | 2 |
| North Indian Style Spice Mix | ½ sachet | ½ sachet | 1 sachet |
| Dukkah Mix 1) 2) 3) 10) | 1 sachet | 1 sachet | 1 sachet |
| Plain Naan Breads 7) 13) | 2 | 3 | 4 |
| Mango Chutney | 40g | 60g | 80g |
| Crema Fraiche** 7) | 75g | 120g | 150g |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 600ml | 900ml | 1200ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 3423 /818 | 784 /187 |
| Fat (g) | 29.4 | 6.7 |
| Sat. Fat (g) | 9.4 | 2.2 |
| Carbohydrate (g) | 106.5 | 24.4 |
| Sugars (g) | 22.4 | 5.1 |
| Protein (g) | 27.4 | 6.3 |
| Salt (g) | 3.89 | 0.89 |

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

Allergens

1) Peanut **2)** Nuts **3)** Sesame **7)** Milk **9)** Mustard **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.

Contact

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Build the Flavour

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).
Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **garlic**, **tomato puree** and **korma style paste** and cook until fragrant, 1-2 mins.



Warm the Naans

When the **soup** has 5 mins remaining, put the **naans** onto a baking tray.

Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



Cook the Lentils

Add the **vegetable stock paste** and **water for the sauce** (see pantry for amount) to your pan and stir to combine.

Stir the **lentils** through the **soup**, bring back to the boil, then lower to a simmer.

Cook until the **lentils** are tender, 15-20 mins.



Finishing Touches

When the **lentils** are cooked, stir the **mango chutney** and **crema fraiche** through the **soup**.

Taste and season with **salt** and **pepper** if needed.



Roast the Broccoli

Meanwhile, cut the **broccoli** into florets (like small trees), halving any large ones.

Pop the **broccoli florets** onto a baking tray. Drizzle with **oil**, sprinkle over the **North Indian spice mix** and **dukkah**. Season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins.



Serve

Share the **soup** between your bowls and top with the **roasted broccoli**.

Serve your **naans** alongside for dipping.

Enjoy!