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Persian Inspired Soup with Garlicky Lemon Yoghurt and Smoked Cheese Ciabatta

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 ciabatta gives you something to dip!



35 mins



2.5 of your
5 a day



super
spicy



veggie



eat within
3 days



mealkit



Onion
(1)



Garlic Clove
(3)



Mint
(½ bunch)



Flat Leaf Parsley
(½ bunch)



Spring Onion
(3)



Turmeric
(¾ tsp)



Chilli Flakes
(a pinch)



Mixed Beans
(1 tin)



Flour
(16g)



Baby Spinach
(½ bag)



Vegetable Stock Pot
(1)



Water
(400ml)



Lemon
(1)



Greek Yoghurt
(½ pot)



Smoked Cheese
(40g)



Ciabatta
(2)


2 PEOPLE INGREDIENTS

- Onion, sliced
- Garlic Clove, sliced and grated
- Mint
- Flat Leaf Parsley, chopped
- Spring Onion, chopped
- Turmeric
- Chilli Flakes
- Mixed Beans

1
3
½ bunch
½ bunch
3
¾ tsp
a pinch
1 tin

- Flour
- Baby Spinach
- Vegetable Stock Pot
- Water
- Lemon
- Greek Yoghurt
- Smoked Cheese
- Ciabatta

16g
½ bag
1
400ml
1
½ pot
40g
2

 Our fruit and veggies may need a little wash before cooking!

Did you know...
Turmeric is considered a holy spice in India and is used in many Hindu ceremonies.

Allergens: Celery, Gluten, Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	598 kcal / 2287 kJ	16 g	5 g	71 g	10 g	25 g	4 g
Per 100g	121 kcal / 463 kJ	3 g	1 g	14 g	2 g	5 g	1 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery Salt**, **Celery Powder**, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Cut the **onion** in half through the root, peel and thinly slice into half moon shapes. Peel and finely slice two-thirds of the **garlic**, peel and grate the remaining third (or use a garlic press if you have one).



2 Heat a splash of **oil** in a saucepan over medium-low heat. Once hot, add your **onion** and sliced **garlic**. Cook for about 10-15 mins, stirring occasionally, until soft.
Tip: Add a splash of water if they start to catch. Your **onion** should be very soft and lightly golden when done.

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



4 When your **onion** is soft, add the **turmeric**, **chilli flakes** (go easy on the chilli if you don't like spice!), a pinch of **salt** and a good grind of **black pepper** to your **onion mixture** and cook for 1 minute. Drain and rinse the **mixed beans** and add to the pan, turn the heat up to medium and cook for 2 mins. Add the **flour** and cook for another 2 mins, stirring frequently.

5 Add your **mint**, **parsley**, **spring onion**, **baby spinach**, **vegetable stock pot** and **water** (amount specified in the ingredient list). Raise the heat to high and bring to the boil, then reduce the heat and simmer for 15 mins, stirring occasionally.



6 While your soup is simmering, juice half the **lemon** and add to a small serving bowl. Mix in the **Greek yoghurt**, a pinch of **salt** and some of your grated **garlic**.
Tip: The amount you add depends on how garlicky you like things!

7 Preheat your grill to high, cut the **ciabatta** in half and grate the **smoked cheese**. Grill your **ciabatta** on one side for 30-60 seconds, then remove, turn over, cover with your **cheese** and grill until your **cheese** is melted and bubbling. Remove from your grill and slice each **ciabatta** into quarters.

8 Taste your **soup** and add **salt** and **black pepper** if necessary, then serve garnished with big dollops of your **garlicky lemon yoghurt** and your **smoked cheese ciabatta** for dipping.

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