



Berberere-Spiced Lentil & Roast Veggie Soup

with Garlic Ciabatta

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Garlic



Onion



Celery



Lentils



Berberere Seasoning



Chopped Tomatoes



Garlic & Herb Seasoning



Vegetable Stock Powder



Ciabatta



Salad Leaves



Herbs

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Plant Based

Calorie Smart

Is there a harder working legume out there than lentils? A master of disguise, they lend a hearty bite to soups and pastas and a richness to curries and dhal. In the case of this lip-smacking dish, the result is a smokey, yet earthy dinner winner, ready to be devoured and sopped up with morsels of garlic ciabatta.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
garlic	2 cloves	4 cloves
onion	1 (medium)	1 (large)
celery	1 stalk	2 stalks
lentils	1 tin	2 tins
plant-based butter* (for the soup)	20g	40g
Berberé seasoning	1 sachet	2 sachets
chopped tomatoes	1 box	2 boxes
garlic & herb seasoning	1 sachet	1 sachet
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	1½ cups	3 cups
ciabatta	1 packet	1 packet
plant-based butter* (for the bread)	30g	60g
salad leaves	1 medium bag	1 large bag
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2551kJ (610Cal)	350kJ (84Cal)
Protein (g)	20.6g	2.8g
Fat, total (g)	24.6g	3.4g
- saturated (g)	14.2g	1.9g
Carbohydrate (g)	71.1g	9.8g
- sugars (g)	21.1g	2.9g
Sodium (mg)	2465mg	338mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **cauliflower** into small florets. Cut **carrot** into bite-sized chunks. Place **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



Toast the ciabatta

While the soup is simmering, slice **ciabatta** in half lengthways. In a small heatproof bowl, add **garlic** and **plant-based butter (for the bread)**. Microwave until melted, **10 second** bursts. Season with **salt**. Brush **garlic butter** over the cut sides of **ciabatta** and place on the oven tray. Bake until golden, **5 minutes**.



Get prepped

Meanwhile, finely chop **garlic**, **onion** and **celery**. Drain and rinse **lentils**.



Finish the soup

Add **roasted veggies** and **salad leaves** to the **soup** and cook until wilted, **1-2 minutes**.



Start the soup

In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **celery** until tender, **3-4 minutes**. Add **plant-based butter (for the soup)** and **Berberé seasoning** and cook, stirring, until fragrant, **1 minute**. Add **lentils**, **chopped tomatoes**, **garlic & herb seasoning**, **vegetable stock powder**, the **brown sugar** and the **water**. Bring to the boil, then reduce heat to medium and simmer, **5-6 minutes**.



Serve up

Roughly chop **herb** leaves. Divide Berberé-spiced lentil and roast veggie soup between bowls. Garnish with herbs. Serve with garlic ciabatta.

Enjoy!