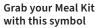


Berbere-Spiced Lentil & Roast Veggie Soup with Garlic Ciabatta

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Berbere Seasoning

Chopped Tomatoes





Garlic & Herb Seasoning

Vegetable Stock Powder





Herbs

Salad Leaves

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

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

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 dhals. 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.

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

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	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	
Berbere 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.



Get prepped

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



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 Berbere 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.



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**.



Finish the soup

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



Serve up

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

Enjoy!