

Lentil and Sweet Potato Soup

with Spicy Chickpeas and Almonds

hellóchef

Loaded with plant-based protein, exciting flavours and good energy!

Cals 921 • Prot 33 • Carbs 136 • Fat 31

Vegan

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Soup	2 ppl	3 ppl	4 ppl	
Sweet potatoes	400	400	600	Grams
Red onion	1	2	2	Piece
Garlic cloves	3	4	5	Piece
Ginger	30	45	60	Grams
Carrot	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Red lentils	120	160	200	Grams
Water	900	1200	1600	ML
Vegetable stock cube 15*	1	2	2	Piece
Coconut milk	200	400	400	ML
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Crispy topping				
Chickpeas	240	480	480	Grams
Olive oil	1	2	2	Tbsp
Smoked paprika powder	2	4	4	Grams
Chipotle powder	2	2	4	Grams
Coriander cumin powder	4	8	8	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Whole almonds 1*, 2*	40	60	80	Grams

Allergens

*15 Celery, *1 Peanuts, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3855 / 921
Fat (g)	31
of which saturates (g)	11.4
Carbohydrate (g)	136
of which sugars (g)	21.1
Fiber (g)	28.2
Protein (g)	33.3
Salt (g)	1.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Preheat the oven to 220°C/200°C fan. Peel and chop the **sweet potatoes**. Peel and mince the **red onion** and **garlic cloves**. Peel and grate the **ginger**. Peel and chop the **carrots**.



2 Prep topping

Rinse and drain the **chickpeas**. Transfer the **chickpeas** to a bowl, drizzle with **olive oil** and season with **smoked paprika, chipotle (spicy!), coriander cumin powder, salt** and **black pepper**. Mix well. Add them to a lined baking tray and bake for 20 min.



3 Fry base

Meanwhile, heat the **oil** in a large pot over a medium-high heat. Add the **sweet potatoes, onion, garlic, ginger** and **carrots** and fry for 3 min.



4 Simmer

Add the **lentils**, measured **water** and **stock cube**. Bring to a boil and simmer, covered, for 15–20 min. Add the **coconut milk** and puree the soup with a hand-held stick blender or in a food processor. Season with **salt** and **pepper** to taste.



5 Finish topping

Chop the **almonds** and mix them with the crispy roasted **chickpeas**.



6 Serve

Divide the **soup** among bowls and top with the **chickpeas** and **almonds**.