

Creamy Lentil and Barley Soup

hellóchef

Did someone say one-pot wonder, please?

Cals 504 • Prot 22 • Carbs 64 • Fat 21

Vegan

hellochef.com • 04-383-93-99 • hello@hellochef.com



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	
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Carrot	2	3	4	Piece
Olive oil	2	3	4	Tbsp
Tomato paste	50	70	70	Grams
Cumin powder	2	4	4	Grams
Coriander powder	2	4	4	Grams
Turmeric powder	2	4	4	Grams
Water	900	1400	1800	ML
Vegetable stock cube 15*	1	2	2	Piece
Red lentils	80	120	160	Grams
Pearl barley 11*	60	90	120	Grams
Soy cream 9*	250	250	500	ML
Baby spinach	60	90	125	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp

Allergens

*15 Celery, *11 Gluten, *9 Soya

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)	2098 / 504
Fat (g)	21
of which saturates (g)	2.4
Carbohydrate (g)	64
of which sugars (g)	14
Fiber (g)	14
Protein (g)	21.5
Salt (g)	0.8

*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

Peel and finely chop the **onion** and **carrot**. Peel and grate the **ginger** and **garlic**. Heat a large pot over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** and **carrot** and fry for for 5 min.



2 Add

Add the **garlic, ginger, carrot, tomato paste, cumin, coriander** and **turmeric**. Cook for 1-2 min.



3 Simmer

Add the **measured water, stock cubes, red lentils**, and **pearl barley**. Once boiling, reduce the heat to low. Cover with a lid and simmer for 25 min.



4 Serve

Add the **soy cream** and **baby spinach** to the **soup**. Cook for 1-2 min further. Season with **salt** and **pepper**.