

Curried Sweet Potato and Lentil Soup

with Garlic Naan

hellóchef

Hot soup with baked bread on the side – is there anything better?

Cals 858 • Prot 22 • Carbs 122 • Fat 32

Vegetarian

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🕒 cook: 40 min

R2744



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	600	800	Grams
Red onion	1	1	2	Piece
Ginger	30	45	60	Grams
Vegetable oil	1	1	2	Tbsp
Red curry paste 7*	20	30	40	Grams
Garam masala	2	2	4	Grams
Turmeric powder	2	4	4	Grams
Red lentils	80	120	160	Grams
Water	800	1200	1600	ML
Vegetable stock cube 15*	1	2	2	Piece
Honey	15	15	30	Grams
Fresh coriander	15	15	15	Grams
Sour cream 4*	60	90	120	Grams
Naan bread				
Tandoori naan 4*, 10*	2	3	4	Piece
Garlic cloves	2	3	4	Piece
Butter 4*	50	50	100	Grams

Allergens

*7 Crustaceans, *15 Celery, *4 Milk, *10 Wheat

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)	3585 / 858
Fat (g)	32.3
of which saturates (g)	18.3
Carbohydrate (g)	122
of which sugars (g)	21.6
Fiber (g)	14.1
Protein (g)	22.4
Salt (g)	2.7

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



1 Start soup

Preheat the oven to 220°C/200°C fan. Peel and chop the **sweet potatoes** and **onion**. Peel and grate the **ginger**. Heat a large soup pot over a medium-high heat with a drizzle of **vegetable oil**. Add the **sweet potatoes** and **onion** and cook for 5 min. Add the **ginger, red curry paste, garam masala** and **turmeric**. Cook for 2 min further.



2 Add and simmer

Add the **red lentils**, measured **water**, **vegetable stock cube** and **honey**. Bring to a boil, cover with a lid and reduce the heat to low. Simmer for 25 min.



3 Bake naan

Transfer the **breads** to a lined baking tray. Sprinkle each **naan** with **water** on both sides. Wrap with baking paper/tin foil and bake in the oven for 5 min or until soft and warm.



4 Puree soup

Once the **sweet potatoes** and **lentils** are tender. Puree the **soup** with a hand-held blender until smooth. Check the seasoning. Keep covered until serving.



5 Add garlic butter

Once the **naan** breads are baked, peel and mince the **garlic** directly into a microwaveable bowl. Add the **butter** to the bowl and microwave both for 30 seconds or until sizzling. (Alternatively, heat both in a pan over a medium heat). Brush the baked **naan** breads with the **garlic butter**.



6 Serve

Divide the **soup** among bowls. Serve the **garlic naan** alongside. Tear over the **fresh coriander** leaves and top with the **sour cream**.