

Lebanese Lentil Soup

with Cheesy Zaatar Flatbreads

hellóchef

Enjoy this rich, hearty soup that's packed with red lentils and warming Middle Eastern spices!

Cals 845 • Prot 38 • Carbs 136 • Fat 21

Vegan

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🕒 cook: 30 min

R3297



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	2	3	4	Piece
Garlic cloves	2	3	4	Piece
Red lentils	200	300	400	Grams
Vegetable oil	1	1	2	Tbsp
Salted vegan butter	20	30	40	Grams
Turmeric powder	2	4	4	Grams
Ras el hanout	5	8	10	Grams
Cumin powder	2	2	4	Grams
Water	800	1200	1600	ML
Vegetable stock cube 15*	1	1	2	Piece
Spinach	200	300	450	Grams
Lemon	1	1	2	Piece
Crispy onions	20	30	40	Grams
Flatbread				
Zaatar	20	20	40	Grams
Vegetable oil	1	1	1	Tbsp
Salt	0.5	1	1	Tsp
Arabic flatbread packet 10*, 11*	1	1	2	Piece
Vegan mozzarella	50	75	100	Grams
Black pepper	0.5	0.5	1	Tsp

Allergens

*15 Celery, *10 Wheat, *11 Gluten

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)	2737 / 845
Fat (g)	20.5
of which saturates (g)	8
Carbohydrate (g)	136
of which sugars (g)	13.1
Fiber (g)	21.4
Protein (g)	37.6
Salt (g)	1.2

*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

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion** and **garlic**. Rinse the **red lentils** thoroughly.



2 Cook

Heat a pot with a lid over a medium-high heat with a drizzle of **oil** and **butter**. Once hot, add the **onions** and fry for 5 min. Add the **garlic, turmeric, ras el hanout** and **cumin powder**. Fry for 1 min. Add the **red lentils, measured water** and **stock cube**. Cover and simmer for 15 min or until the **lentils** are soft. Add a splash of **water** if the **soup** is too thick.



3 Flatbread

Combine the **zaatar, oil** and **salt** in a small bowl. Spread the **zaatar** mixture over {4/6/8} **Arabic breads**. Sprinkle with the **mozzarella**. Slice into triangles. Bake for 10 min or until crisp.



4 Spinach

Meanwhile, wash and roughly chop the **spinach**. Once the **lentils** are soft, add the **spinach** to the **soup** and allow to wilt for 1 min.



5 Serve

Serve the **soup** in bowls. Finish with a squeeze of **lemon** juice and a grind of **black pepper**. Top with the **crispy onions**. Serve the flat breads on the side.