



Roast Tomato and Lentil Soup

with Greek style cheese and breadsticks

35 – 40 mins • Veggie • Equipment needed • Optional spice

7



Bell Pepper



Onion



Parsley



Baguette



Greek Style Cheese



Stock



Paprika



Tomato



Dried Chilli Flakes



Passata



Lentils



Worcester Sauce

Pantry Items: Sugar, Oil, Salt, Pepper, Water, Butter



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Baking sheet with baking paper, blender, pot with lid, sieve

Ingredients

	2P	4P
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Parsley	5 g	10 g
Baguette	2 units	4 units
Greek Style Cheese	100 g	200 g
Vegetable Stock	1 sachet	2 sachets
Paprika	2 sachets	4 sachets
Tomato	2 units	4 units
Dried Chilli Flakes	1 sachet	2 sachets
Passata	1 pack	2 packs
Lentils	1 pack	2 packs
Worcester Sauce	1 sachet	2 sachets

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	476 kJ/ 114 kcal
Fat (g)	2.4 g
Sat. Fat (g)	1.5 g
Carbohydrate (g)	16.6 g
Sugars (g)	5.9 g
Protein (g)	5.5 g
Salt (g)	1 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

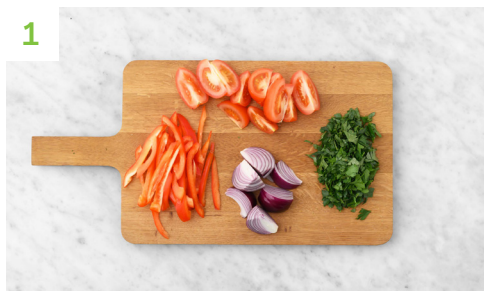
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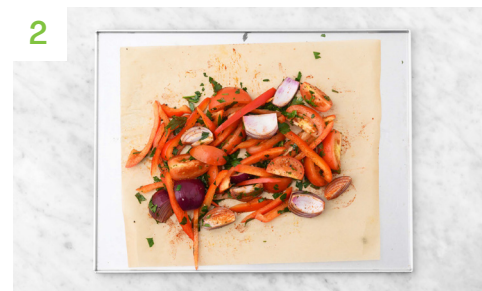


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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Halve and peel the **onion**. Cut each **half** into three wedges.
- Chop the **tomato** into thick wedges.
- Roughly chop the **parsley** (stalks and all).



Roast the Veg

- Add the **pepper, onion, tomato** and **half** the **parsley** to a lined baking tray.
- Toss with **salt, pepper, paprika** and a drizzle of **oil**.
- Toss to coat well then spread out in a single layer.
- Roast on the middle shelf of the oven until tender, 25-30 mins.



Bake the Breadsticks

- Meanwhile, cut the **baguettes** into breadsticks about 1-2cm wide.
- Arrange on a lined baking tray.
- Drizzle with a little **oil** if desired.
- Place the breadsticks above the veg in the oven and bake until golden and crunchy, 10-14 mins.



Simmer the Lentils

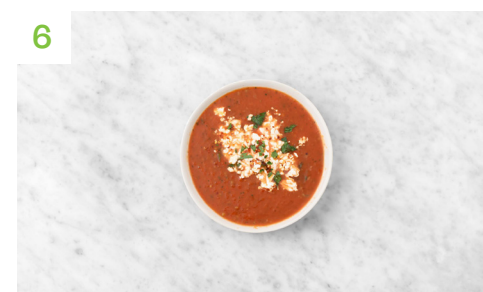
- Meanwhile, drain and rinse the **lentils** in a sieve.
- Place a large pot over medium-high heat.
- Add the **lentils** and cook until warmed through, 3-4 mins.
- Stir in the **passata, Worcester sauce** and **stock**. Bring to the boil then lower the heat and simmer for 5-6 mins.
- Remove from the heat and cover to keep warm.



Finishing Touches

- Once cooked, remove the veg from the oven and blend to a smooth paste.
- Return the pot with the **lentils** to high heat.
- Add the pureed veg along with 300ml **water** (per 2P) and bring to the boil.
- Loosen the **soup** with a splash more **water** if you feel it's too thick. Stir through a knob of **butter**.
- Season with **salt, pepper** and 1 tsp **sugar** (per 2P).

TIP: Allow the veg to cool a little before blending.



Garnish and Serve

- Divide the **tomato** and **lentil soup** between bowls.
- Crumble the **Greek style cheese** over the top.
- Garnish the **soup** with **chilli flakes** (use less if you don't like spice) and remaining **parsley**.
- Serve with the golden breadsticks alongside.

Enjoy !