



# MARLEY SPOON



## Middle Eastern Silverbeet and Lentil Soup

 20-30min  2 Portions

Even though the weather is getting warmer, there is always room for a light spring soup in your midweek repertoire. The French lentils here make this soup substantial, the silverbeet adds nourishment, the yoghurt adds freshness and the goat's cheese toasts make it that extra bit special.

## What we send

- French blue lentils
- vegetable stock concentrate
- goat's cheese <sup>7</sup>
- Greek-style yoghurt <sup>7</sup>
- panini rye <sup>1</sup>
- nut mix (slivered almonds, pepitas, chia seeds) <sup>15</sup>
- lentil spice mix (cumin, coriander)
- lemon
- silverbeet
- garlic
- onion

## What you'll require

- olive oil
- salt and pepper

## Utensils

- blender
- grater
- large saucepan and lid
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

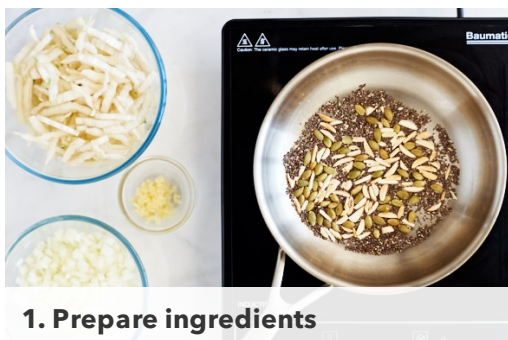
You can also serve the soup chunky (don't blend at all) or completely smooth (don't reserve any lentils and silverbeet).

## Allergens

Gluten (1), Milk (7), Tree Nuts (15).  
May contain traces of other allergens.

## Nutrition per serving

Energy 705.0kcal, Fat 19.3g, Proteins 40.9g, Carbs 77.6g



**1. Prepare ingredients**

Place the **nut mix** in a large saucepan over medium heat. Cook, shaking, for 3-4 mins until toasted. Set aside. Coarsely chop the **onion** and **garlic**. Cut the stems from the **silverbeet**. Thinly slice the stems.



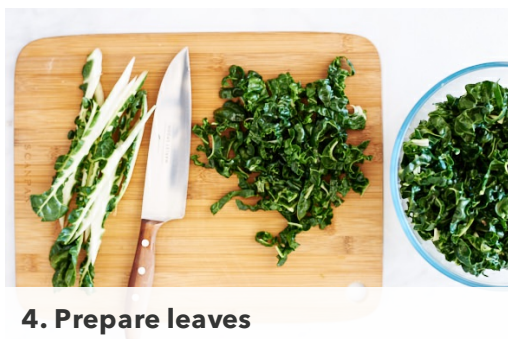
**2. Start cooking**

Heat 2 tsp **oil** in the same pan over medium heat. Cook the **onion, garlic** and **stems**, stirring, for 5 mins or until softened. Stir in the **spice mix** and cook for 30 secs or until fragrant.



**3. Add stock and lentils**

Add the **vegetable stock concentrate, lentils** and 750ml (3 cups) **water**. Bring to the boil over high heat. Simmer, covered, for 15 mins or until the lentils are nearly tender.



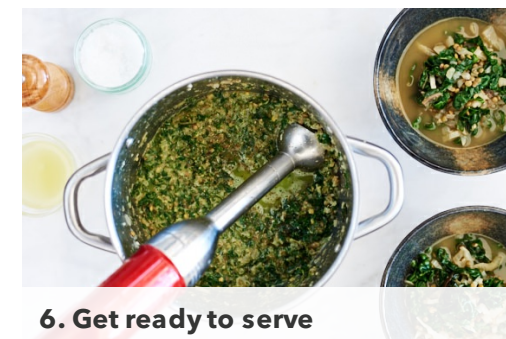
**4. Prepare leaves**

Meanwhile, discard the main veins from the **silverbeet leaves** and thinly shred.



**5. Add leaves**

Stir the **leaves** through the **soup** and simmer, covered, for 5 mins or until tender and bright green. You may need to add more water at this stage. Zest and juice the **lemon**. Split the **bread** lengthwise and toast or heat through until warm. Spread with **goat's cheese**.



**6. Get ready to serve**

Ladle 2 cups of **soup** (making sure you get some lentils and silverbeet) into serving bowls. Using a hand-held blender, blend the remaining soup in the pan until almost smooth (see cooking tip). Add 1 tbs **juice** and season to taste. Ladle into serving bowls and dollop with **yoghurt**. Sprinkle with **zest** and **toasted nut mix**. Serve with **cheese toasts**.

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from imported  
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