



Lentil Coconut Soup

with Tomato and Toasted Naan



30-40min



2 Servings

It's easy to make a satisfying soup without a time-consuming broth. We use a combination of juicy tomatoes and coconut milk as the base, and to dress up the finished dish, we heat our own Tandoori spice blend in warm oil to deepen the flavor, a process called blooming. Half of the spiced oil is used to cook chopped onions and ginger, while the other half is drizzled on the soup just before serv...

What we send

- can coconut milk
- tandoori spice blend
- limes
- fresh ginger
- yellow onion
- carrots
- beefsteak tomato
- fresh cilantro
- red lentils

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1009.0kcal, Fat 31.5g, Proteins 39.2g, Carbs 117.7g



1. Prep ingredients

Halve, peel, and finely chop **all of the onion**. Peel and finely chop **carrots**. Peel and finely chop **half of the ginger**. (Reserve the rest for your own use.) Core, seed, and finely chop **tomatoes**. Finely chop **cilantro leaves** and tender stems. Juice one **lime**.



4. Simmer soup

Remove the lid, reduce the heat to medium-low, and simmer until **lentils** are very soft and the soup has thickened slightly, about 8 minutes.



2. Sauté aromatics

In a medium saucepan, add 2 tablespoons **oil** and **tandoori spice**. Heat over low until fragrant, about 30 seconds. Reserve **1 tablespoon spice-oil** in a small bowl. To saucepan with **remaining oil**, add **onion, ginger, and carrots**. Season with 1 teaspoon **salt** and a few grinds of **pepper**. Increase heat to medium. Cover and cook until softened, 5-6 minutes.



5. Broil naan

Preheat the broiler with a rack nearest the heat source. Place the **naan** on a baking sheet. Brush lightly on both sides with **oil** and sprinkle with **salt**. Broil until lightly browned, turning once, about 1 minute per side. (Watch closely as broilers vary widely.) Remove from the oven and cut into wedges.



3. Build soup

Add **tomatoes, lentils, coconut milk,** and 2½ cups **water**. Cover and bring to a boil.



6. Finish

Stir **cilantro** and **lime juice** into **soup** and ladle into bowls. Drizzle the **reserved tandoori oil** over the soup. Cut **remaining lime** into wedges and serve alongside soup with **naan**. Enjoy!