



Lentil, Bacon and Rosemary Soup

with Cheesy Toasts



30-40min



2 Portions

Enjoy a nourishing bowl of tomato-based lentil and vegetable soup with chunks of smoky bacon for extra flavour. Served with crusty baguette smeared with luscious goat's curd, this is a simple yet satisfying dinner.

What we send

- goat's curd ⁷
- carrots
- sourdough baguette ^{1,6}
- free-range streaky bacon
- garlic, rosemary, parsley, celery
- French-style blue lentils
- tomato paste
- vegetable stock cubes
- onion

What you'll require

- boiling water
- olive oil
- sea salt and pepper

Utensils

- medium saucepan
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 755.0kcal, Fat 21.6g, Proteins 33.5g, Carbs 96.7g



1. Prepare ingredients

Thinly slice the **bacon**. Finely chop the **onion** and the **garlic**. Peel the **carrots**, then cut into 1cm chunks. Trim the **celery**, then thinly slice. Finely chop the **rosemary** leaves, discarding the stems.



2. Prepare lentils

Rinse and drain the **lentils** in a sieve. Coarsely chop **parsley** leaves.



3. Cook aromatics

Heat the **oil** in a large saucepan over high heat. Add the **bacon** and cook, stirring, for 3-4 mins until golden. Reduce the heat to medium. Add the **onion, garlic, carrot, celery** and **rosemary**, and cook, stirring occasionally, for 5 mins or until the vegetables have softened.



4. Prepare stock

Crumble the **stock cubes** in a heatproof jug. Add the **boiling water** (see staples list) and **half the tomato paste**. Stir to combine.



5. Add lentils and stock

Add the **lentils** and the stock mixture to the pan. Bring to the boil, then reduce heat to medium. Cover the pan with a lid and simmer for 20-25 mins or until lentils are tender. Season with salt and pepper.



6. Make toasts

10 mins before the soup is ready, preheat the grill to high. Slice the **baguette** on an angle and put on a single layer on an oven tray. Grill for 2 mins each side or until golden. Spread with the **goat's curd** and drizzle with **olive oil**. Divide the soup among bowls. Scatter with **parsley** and serve with the cheesy toasts.