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Lentil & Cauliflower Soup

with Cheesy Topping



30-40min



2 Servings

Usually it doesn't require much more than "cheesy topping" to get our attention, but creamy lentils and tender roasted cauliflower in this soup have us coming back for spoonful after spoonful. Fresh herbs are always the secret to taking a dish to another level, and earthy, fragrant thyme definitely does the trick. Cook, relax, and enjoy!

What we send

- cauliflower
- fresh thyme
- yellow onion
- vegetable broth concentrate
- carrots
- celery
- red lentils

What you need

- kosher salt & ground pepper
- olive oil

Tools

- box grater
- rimmed baking sheet

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 472.0kcal, Fat 42.9g, Proteins 40.2g, Carbs 72.4g



1. Roast cauliflower

Preheat oven to 450°F with a rack in the upper third. Remove core from **cauliflower** then cut into 1-inch florets. On a rimmed baking sheet, toss **cauliflower florets** with **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper**. Roast until tender and golden brown, tossing halfway through, 20-23 minutes.



4. Cook lentils

Add **lentils**, **broth concentrate**, **3 cups water**, and **half of the thyme sprigs** and bring to a boil. Reduce to a simmer and season with **½ teaspoon salt** and **a few grinds pepper**. Partially cover and simmer until **lentils** are tender, 15-18 minutes. Remove and discard **thyme sprigs** from soup.



2. Prep vegetables

Meanwhile, peel and finely chop **onion**. Trim ends from **carrots**, then finely chop (no need to peel). Finely chop **celery**.



5. Grate cheese

Meanwhile, grate **cheddar** on the large holes of a box grater. Pick **thyme leaves** from remaining sprigs.



3. Cook aromatics

Heat **1 tablespoon oil** in a medium ovenproof pot over medium-high. Add **onions**, **carrots**, and **celery**. Season with **½ teaspoon salt** and **a few grinds pepper** and cook, stirring, until **vegetables** are softened and lightly browned, 3-5 minutes.



6. Broil topping & serve

Preheat broiler. Sprinkle **cauliflower** over **lentil soup** and top with **grated cheese**. Broil on upper oven rack until **cheese** is melted and bubbling, 3-4 minutes (watch closely as broilers vary). Ladle **soup** into bowls and garnish with as much of the **remaining thyme leaves** as you'd like. Enjoy!