



Lentil Coconut Soup

with Tomato and Toasted Naan



30-40min



4 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

- limes
- red lentils
- tandoori spice blend
- fresh cilantro
- fresh ginger
- beefsteak tomatoes
- yellow onion
- carrots
- can coconut milk ¹⁵

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

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 796kcal, Fat 25g, Carbs 90g, Proteins 30g



1. Prep ingredients

Halve, peel, and finely chop **all of the onion**. Peel and finely chop **carrots**. Peel and finely chop **ginger**. 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 large saucepan, add **tandoori spice** and 3 tablespoons **oil**. Heat over low until fragrant, about 30 seconds. Reserve **2 tablespoons 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 and cover and cook until softened, 5-6 minutes.



5. Broil naan

Preheat the broiler with a rack nearest the heat source. Place **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 4 cups **water**. Cover and bring to a boil.



6. Finish

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