

# MARLEY SPOON



## Lentil and Spinach Soup

with Haloumi and Flatbread



30-40min



2 Portions

Meet your new favourite soup. With its blend of cumin, coriander and cinnamon, ras el hanout, the much-loved Middle Eastern spice mix lends a complex flavour to our vegetarian French lentil, veggie and haloumi soup. Served with homemade garlic flatbreads, it'll nourish from the inside, out.

## What we send

- red chat potatoes
- preserved lemon
- onion
- haloumi <sup>7</sup>
- French-style lentils
- carrot
- baby spinach leaves
- parsley, garlic
- flour wraps <sup>1,6</sup>
- vegetable stock cube
- ras el hanout spice blend <sup>1,17</sup>

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- boiling water
- extra virgin olive oil
- olive oil
- sea salt and pepper

## Utensils

- foil
- medium saucepan
- oven tray
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

The nutritional analysis is based on  $\frac{2}{3}$  of the haloumi, but feel free to add it all. ~Only use the finely chopped rind. Ensure you discard the pulp and pith.

## Allergens

Gluten (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 895kcal, Fat 42.1g, Carbs 83.7g, Proteins 34.7g



### 1. Cook lentils

Put the **lentils** in a medium saucepan, cover with enough water to completely submerge by at least 5cm and bring to the boil over medium-high heat. Reduce the heat to medium and cook, stirring occasionally, for 15 mins or until the lentils are almost tender. Drain.



### 4. Add haloumi and lentils

Cut **two-thirds of the haloumi** into bite-sized chunks (see cooking tip). Add the haloumi, **lentils** and **spinach** to the **soup** and cook for 5 mins or until the spinach has wilted. Taste, then season with **salt and pepper** and remove from the heat.



### 2. Prepare ingredients

Meanwhile, thinly slice the **onion**. Crush or finely chop the **garlic**. Peel and cut the **carrot** into 1cm chunks. Cut the **unpeeled potatoes** into 2cm chunks. Crumble the **stock cubes** into a heatproof jug, add **1L (4 cups) boiling water** and stir to dissolve.



### 5. Make lemon salsa verde

Meanwhile, heat the grill to medium-high. Discard the flesh and pith from the **preserved lemon** and finely chop the rind (see cooking tip). Finely chop the **parsley**, discarding the stems. Combine the preserved lemon, parsley and **2 tbs extra virgin olive oil** in a bowl.



### 3. Start soup

Heat **1 tbs olive oil** in a large saucepan over medium heat. Cook the **onion** and **half the garlic**, stirring regularly, for 5 mins or until softened. Add the **carrot, potato, stock** and **1 tsp ras el hanout** (remaining spice won't be used in this dish) and bring to the boil. Reduce heat to medium-low, cover and cook for 15 mins or until the vegetables are tender.



### 6. Make garlic flatbread

Line an oven tray with foil. Combine the **remaining garlic** with **1 tbs olive oil** and brush over both sides of **3 wraps\*\***. Grill, in batches, for 1-2 mins each side until golden. Divide the **soup** among bowls. Drizzle with the **lemon salsa verde** and serve with the **garlic flatbread**.