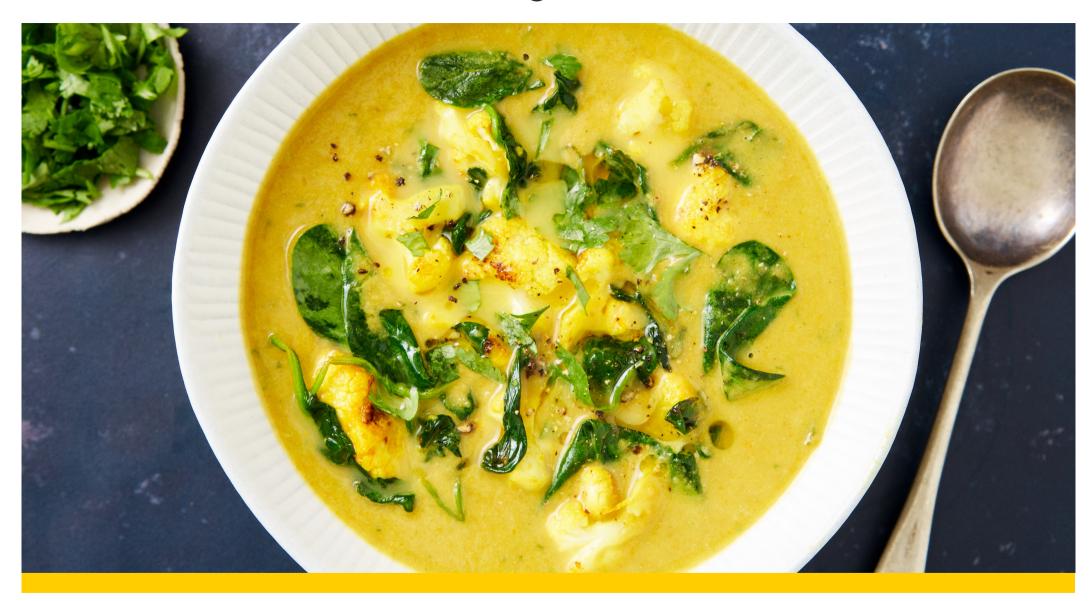
# MARLEY SPOON



# **Spiced Lentil Soup**

with Cauliflower and Spinach





20-30min 2 Portions

The 'spice' here is fragrant, not hot, so if you don't like chilli heat you're in safe territory. In fact, there's nothing not to love about this warming soup, which walks the perfect line between smooth and chunky. Laced with turmeric, cumin and coriander, given fresh zip from lemon and bolstered with golden cauliflower, the flavours are deeply satisfying.

#### What we send

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

## What you'll require

- · olive oil
- · sea salt and pepper
- water

#### Utensils

- fine grater
- · medium frypan
- medium saucepan
- sieve
- stick blender or food processor

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

#### Allergens

May contain traces of allergenic ingredients.

#### **Nutrition per serving**

Energy 650kcal, Fat 21.4g, Carbs 66.4g, Proteins 33.7g



## 1. Prepare ingredients

Read through the recipe. Crumble 3 stock cubes\*\* into a heatproof jug, add 750ml (3 cups) boiling water and stir to dissolve. Finely chop the onion. Peel and finely chop the carrot. Finely chop the celery. Crush or finely chop the garlic cloves. Cut the cauliflower into small florets, coarsely chopping the stem. Drain and rinse the lentils.



2. Prepare lemon

Finely grate the zest of **half the lemon\*\***, then juice the half.



3. Make soup

Heat **1 tbs olive oil** in a medium saucepan over medium-high heat. Cook **onion**, **carrot** and **celery**, stirring occasionally, for 4-5 mins until softened.



4. Finish soup

Add two-thirds of the garlic, 1½ tsp cumin-coriander spice blend\*\* and ½ tsp turmeric to the vegetable mixture. Cook for 1 min or until fragrant. Add the stock, bring to a simmer, then cook for 5 mins or until the vegetables are tender. Add the lentils and stir for 2 mins or until heated through. Remove from the heat.



5. Cook cauliflower

Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Add the **cauliflower** and cook, stirring occasionally, for 2-3 mins until golden. Add the **remaining garlic**, ½ **tsp turmeric\*\*** and **spinach** and stir until wilted. Stir in **1 tsp lemon juice** and season with **salt and pepper**.



6. Get ready to serve

Finely chop the **coriander** leaves, discarding the stems. Add the **lemon zest**, **remaining lemon juice** and **half the coriander** to the soup and blend until smooth using a stick blender. Taste, then season with **salt and pepper**. Divide the **soup** among bowls, top with the **cauliflower mixture** and scatter with the **remaining coriander** to serve.