

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

* 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**.



4. Finish soup

Add **two-thirds of the garlic**, **1 ½ 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.



2. Prepare lemon

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



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**.



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.



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.