



Roast Tomato and Lentil Soup

with Greek style cheese and breadsticks

Family Veggie 35-40 mins • Equipment needed • Optional spice

9



Bell Pepper



Onion



Parsley



Baguette



Greek Style Cheese



Vegetable Stock



Paprika



Tomato



Dried Chilli Flakes



Passata



Lentils

Pantry Items: Oil, Salt, Pepper, Sugar, Water, Butter



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, blender, pot with lid, sieve

Ingredients

	2P	4P
Bell Pepper	1 unit	2 units
Onion	2 units	4 units
Parsley	5 g	10 g
Baguette	2 units	4 units
Greek Style Cheese	100 g	200 g
Vegetable Stock	1 sachet	2 sachets
Paprika	2 sachets	4 sachets
Tomato	2 units	4 units
Dried Chilli Flakes	1 sachet	2 sachets
Passata	1 pack	2 packs
Lentils	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	712 g	100 g
Energy (kJ/kcal)	3317.9 kJ/ 793 kcal	466 kJ/ 111.4 kcal
Fat (g)	16.6 g	2.3 g
Sat. Fat (g)	9.9 g	1.4 g
Carbohydrate (g)	115.4 g	16.2 g
Sugars (g)	39.3 g	5.5 g
Protein (g)	38.6 g	5.4 g
Salt (g)	7.3 g	1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

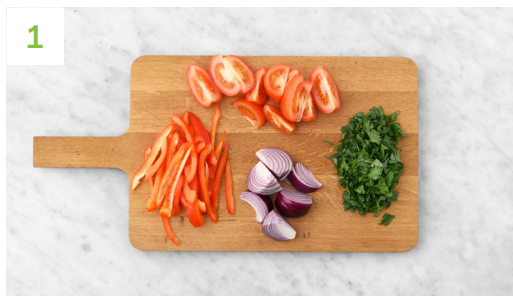
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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Halve and peel the **onion**. Cut each **half** into three wedges.
- Chop the **tomato** into thick wedges.
- Roughly chop the **parsley** (stalks and all).



Roast the Veg

- Add the **pepper, onion, tomato** and **half** the **parsley** to a lined baking tray.
- Drizzle with **oil**. Season with **salt, pepper** and **paprika**.
- Toss to coat well then spread out in a single layer.
- Roast on the middle shelf of the oven until tender, 25-30 mins.



Bake the Breadsticks

- Meanwhile, cut the **baguettes** into breadsticks 1-2cm wide.
- Arrange on a lined baking tray.
- Drizzle with a little **oil** if desired.
- Place the breadsticks above the vegetables in the oven and bake until golden and crunchy, 10-14 mins.



Simmer the Lentils

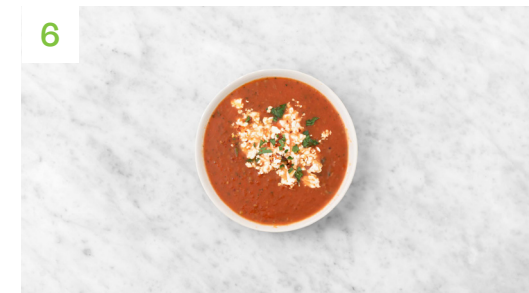
- Meanwhile, drain and rinse the **lentils** in a sieve.
- Place a large pot over medium-high heat with the **passata, lentils** and **stock powder**.
- Bring to the boil then simmer for 18-20 mins.
- Remove from the heat and cover to keep warm.



Finishing Touches

- Once cooked, remove the veg from the oven and blend to a smooth paste.
- Return the pot with the **lentils** to high heat.
- Add the pureed veg along with 300ml **water** (double for 4p) and bring to the boil.
- Loosen the soup with a splash more **water** if you feel it's too thick. Stir through a knob of **butter**.
- Season with **salt, pepper** and 1 tsp **sugar** (double for 4p).

TIP: Allow the veg to cool a little before blending.



Garnish and Serve

- Divide the **tomato** and **lentil** soup between bowls.
- Crumble the **Greek style cheese** over the top.
- Garnish the soup with **chilli flakes** (use less if you don't like spice) and remaining **parsley**.
- Serve with the golden breadsticks alongside.

Enjoy!