



Product Spotlight: Kale

Kale can dehydrate quickly in the fridge. Trim and place it in a bowl of water in the fridge to store or rehydrate.



Tomato Red Lentil and Sweet Potato Soup

A creamy coconut lentil soup using Turban Chopsticks' South Indian Spiced Tomato Dahl kit, filled with goodness from sweet potatoes and kale, finished with lime and fresh mint.



30 minutes



2-3 servings



Plant-Based

26 May 2023

Jazz it up!

Add a dollop of coconut yoghurt for a cooling finish! Toast some pepita or sunflower seeds to use as a topping if you have some!

Per serve: **PROTEIN** 18g **TOTAL FAT** 53g **CARBOHYDRATES** 63g

FROM YOUR BOX

BROWN ONION	1
SPICED TOMATO DAHL KIT	1 packet
SWEET POTATOES	300g
TOMATOES	2
TOMATO PASTE	1 sachet
COCONUT MILK	400ml
MINT	1 packet
LIME	1
SHAVED COCONUT	1 packet
KALE	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, 1 vegetable stock cube

KEY UTENSILS

large saucepan with lid, frypan

NOTES

Use coconut oil for extra fragrance if you have some.

Protein upsize: Spiced tomato dahl kit plus coconut milk. Simmer as per step 3 with an extra 3 cups water.



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1. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil** (see notes). Dice and add onion along with spices from dahl kit. Cook for 2-3 minutes until fragrant.



2. ADD THE VEGETABLES

Dice sweet potato and tomatoes. Add to pan as you go. Crumble in **1 stock cube** and stir in tomato paste.



3. SIMMER THE LENTILS

Add lentils from dahl kit, coconut milk and **3 cups water**. Cover and bring to a boil. Reduce heat to medium-high and simmer for 12 minutes or until sweet potato is tender.



4. PREPARE THE TOPPINGS

Meanwhile, slice mint leaves and zest lime. Add coconut to a dry frypan and toast for 3-4 minutes until golden. Set aside.



5. ADD THE KALE

Thinly shred kale leaves. Stir through lentils until wilted (add more water if needed). Squeeze in juice from 1/2 lime (wedge remaining) and season to taste with **salt**.



6. FINISH AND SERVE

Divide soup among bowls. Top with mint, lime zest and coconut. Serve with lime wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

