



Tomato and lentil soup

with baked polenta chips



This hearty bowl of comforting soup has rich tomatoes, caramelised onions, tender brown lentils and is topped with a dollop of pesto. Crisp polenta chips make the perfect dippers.

NO ADDED GLUTEN | CALORIE SMART | Freezer friendly, Great for leftovers



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray/s, small/medium baking dish, medium pot



Pantry items needed: olive oil spray, olive oil, balsamic vinegar, agave syrup / brown sugar, freshly ground black pepper



Hands-on: 15 minutes
Ready in: 30 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Water for polenta*	200ml	400ml
Polenta chips mix	1 packet	1 packet
Onion	150g	300g
Garlic	8g	16g
Olive oil spray*	as needed	as needed
Olive oil*	1 tbsp	2 tbsp
Oregano	1 packet	1 packet
Balsamic vinegar*	1 tbsp	2 tbsp
Agave syrup / brown sugar*	1 tsp	2 tsp
Passata	350ml	700ml
Beef style stock cube/s	1	2
Water for soup*	1 cup	2 cups
Brown lentils	1 can	2 cans
Pesto	1 tub	1 tub
Freshly ground black pepper*	to taste	to taste

* Pantry items

Allergens and ingredients

Allergens: cashew, pine nut.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook polenta

Preheat oven to 180°C. Line baking tray/s and a small/medium baking dish with baking paper.

In a small pot over medium heat, add **water for polenta*** and bring to a boil. Add **polenta chips mix** and stir until thickened, about **2 minutes**. Pour **polenta** into prepared baking dish and spread evenly using the back of a spoon. Place in freezer for **10 minutes** to cool.

2. Prepare vegetables

Halve and thinly slice **onion**. Mince **garlic**.

3. Bake polenta chips

Turn **polenta** out onto a chopping board. Slice lengthways and then into 1cm chips. Arrange evenly onto prepared baking tray and spray with **olive oil spray*** to lightly coat (see tip). Bake in the oven until golden, about **18 minutes**.

4. Cook soup

In a medium pot over medium heat, add **olive oil***, **onion** and **garlic** and sauté until golden, about **5 minutes**. Add **oregano**, **balsamic vinegar*** and **agave syrup / brown sugar*** and stir to combine. Add **passata**, crumbled **stock cube/s** and **water for soup*** and bring to a simmer, stirring regularly, for **5 minutes**. Add **lentils** and cook for **2 minutes**.

5. Serve

Serve **tomato and lentil soup** into deep bowls topped with a dollop of **pesto** and a sprinkle of **freshly ground black pepper***, and with **polenta chips** on the side.

Cooking tips

If you don't have olive oil spray, you can use olive oil and spread using a pastry brush or piece of paper towel.

Eat your way
to healthy!



Lentils are a great source of protein and fibre, and an excellent source of B vitamins, iron, magnesium, potassium and zinc.

Lentils have been linked to various health benefits, including improved gut health, blood-pressure management, and lower risk of heart disease and type 2 diabetes.

Nutritional information*

	Per 515g serve	Per 100g
Energy	1935kJ (463Cal)	376kJ (90Cal)
Protein	12.4g	2.4g
Fat, total	19.1g	3.7g
- Saturated	2.2g	0.4g
Carbohydrate	52.0g	10.0g
- Sugars	15.0g	3.0g
Sodium	895mg	174mg

* Nutritional information is based on averages