

DINNERLY



Vegan Curried Red Lentil Soup with Sweet Potatoes & Spinach



30-40min



2 Servings

Clean eating never tasted so good. Hearty lentils and tender sweet potatoes simmer in a tomato and coconut milk broth flavored with fragrant curry powder. Stir in some spinach, add a drizzle of oil, and this recipe is ready for the table before you know it. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- 1 yellow onion
- ¼ oz curry powder
- 14½ oz whole peeled tomatoes
- 3 oz red lentils
- 13.5 oz coconut milk ¹⁵
- 3 oz baby spinach

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- sugar

TOOLS

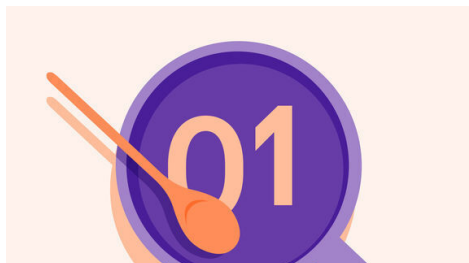
- medium Dutch oven or pot

ALLERGENS

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 570kcal, Fat 26g, Carbs 79g, Protein 19g

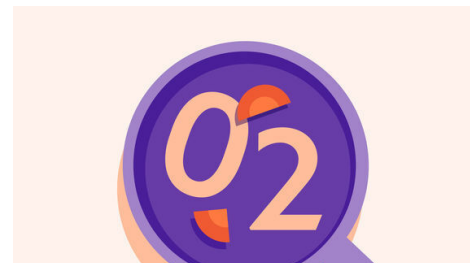


1. Prep ingredients

Peel **sweet potato**, if desired, then chop into ¾-inch cubes.

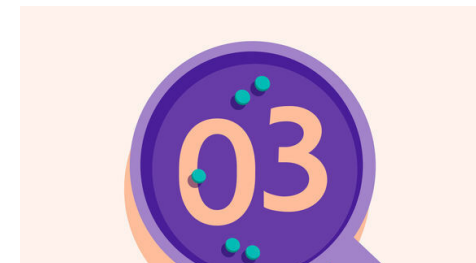
Finely chop **onion**.

Finely chop 1 **teaspoon garlic**.



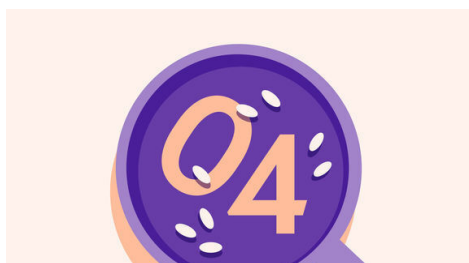
2. Start curry

Heat 1 **tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **sweet potatoes** and a **pinch of salt**; cook, stirring once or twice, until they begin to brown, 4–5 minutes. Add **onions**. Cook, stirring occasionally, until softened, 2–3 minutes. Add **chopped garlic** and **curry powder**; cook, stirring, until fragrant, 1–2 minutes.



3. Simmer curry

Add **tomatoes**, breaking up with a spoon. Stir in **lentils**, 1 **cup coconut milk**, and ½ **teaspoon each of salt and sugar**; bring to a simmer. Cover and reduce heat to medium-low. Simmer, stirring often to prevent sticking, until **sweet potatoes** are just tender but not falling apart, 15–20 minutes.



4. Finish & serve

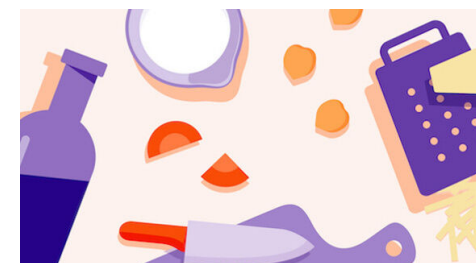
Stir in **spinach** until just wilted. Season to taste with **salt, sugar, and pepper**.

Serve **lentil soup** drizzled with **oil**, as desired. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!