



Red Lentil Curry Soup

with Yogurt, Cashews & Cilantro



1h



2 Servings

This vegetarian soup is like a warm hug in a bowl. Red lentils are a great source of protein and fiber, plus the legumes are quick-cooking and have a delicate, almost sweet flavor. We simmer the lentils with aromatic ginger, onions, sweet potatoes, and garam masala in vegetable broth. A dollop of creamy Greek yogurt, toasted cashews, and cilantro on top before serving adds the perfect textural contrast to the hearty soup.

What we send

- 1 medium yellow onion
- 1 oz fresh ginger
- 1 sweet potato
- ¼ oz garam masala
- 1 pkt vegetable broth concentrate
- 3 oz red lentils
- 2 Mediterranean pitas ^{1,6,11}
- 4 oz Greek yogurt ⁷
- 1 oz salted cashews ¹⁵
- ¼ oz fresh cilantro
- 1 lime

What you need

- olive oil
- unsalted butter ⁷
- kosher salt & ground pepper

Tools

- microplane or grater
- medium pot
- blender (or immersion blender or food processor)

Cooking tip

Hot liquid in a blender can cause pressure to build up. Cover the top of your blender with a kitchen towel before puréeing the lentil soup to catch any splatter.

Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 25g, Carbs 115g, Proteins 31g



1. Prep veggies

Finely chop **onion**. Peel and finely grate **2 teaspoons ginger**. Peel **sweet potato**, then cut into ½-inch pieces.



2. Cook aromatics

Heat **1 tablespoon each of oil and butter** in a medium pot over medium-high. Add **chopped onions, sweet potatoes, grated ginger**, and **1 teaspoon salt**. Cook, stirring, until aromatic and onions and sweet potatoes are lightly browned, about 4 minutes.



3. Build soup

Add **all of the garam masala** to pot with **veggies and aromatics**. Cook, stirring constantly, until combined and fragrant, about 30 seconds. Whisk in **vegetable broth concentrate** and **3½ cups water**. Season with **½ teaspoon salt** and **several grinds of pepper**; bring to a simmer.



4. Add lentils to soup

Once **soup** is simmering, add **red lentils** and continue simmering, stirring occasionally, until lentils and **sweet potatoes** are tender, about 15 minutes. Season to taste with **salt, pepper**, and **a pinch of sugar**. Transfer soup to a blender and carefully purée until smooth.



5. Heat pita & prep toppings

Preheat broiler with rack in the top position. Broil **pitas** directly on top oven rack, carefully flipping once, until heated through, about 1 minute (watch closely as broilers vary). Stir **2-3 tablespoons water** into **yogurt** to thin slightly; season with **a pinch of salt**. Coarsely chop **cashews**. Pick **cilantro leaves and tender stems**. Cut **lime** into wedges.



6. Finish & serve

Just before serving, thin **soup** with **a little water**, if necessary. Serve **soup** topped with **a spoonful of yogurt**, **a sprinkle of cashews and cilantro**, **a squeeze of lime**, and **a drizzle of olive oil**. Serve **warm pita** alongside **soup** for dipping. Enjoy!