

MARLEY SPOON



Lentil Coconut Soup

with Tomato & Toasted Pita

 40-50min  2 Servings

It's easy to make a satisfying soup without a time-consuming broth. We use a combination of juicy tomatoes and coconut milk as the base and, to dress up the finished dish, we heat—or bloom—garam masala in warm oil to deepen the flavor. Half of the spiced oil is used to cook chopped onions and ginger, while the other half is drizzled on the soup just before serving.

What we send

- 1 yellow onion
- 1 carrot
- 1 oz fresh ginger
- 2 plum tomatoes
- ¼ oz fresh cilantro
- 1 lime
- ¼ oz garam masala
- 2 (3 oz) red lentils
- 13.5 oz can coconut milk ¹
- 2 Mediterranean pitas ^{2,3,4}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- box grater or microplane
- medium saucepan
- rimmed baking sheet

Allergens

Tree Nuts (1), Sesame (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 960kcal, Fat 51g, Carbs 120g, Protein 36g



1. Prep ingredients

Halve and finely chop **all of the onion**. Peel and finely chop **carrots**. Finely grate **half of the ginger** (save rest for own use.) Finely chop **tomatoes**. Finely chop **cilantro leaves** and tender stems.

Finely grate **1 teaspoon lime zest** and squeeze **half of the lime juice**; cut remaining half into wedges.



4. Simmer soup

Remove lid, reduce heat to medium-low, and simmer until **lentils** are very soft and soup has thickened slightly, about 20 minutes.



2. Sauté aromatics

In a medium saucepan, heat **2 tablespoons oil** over medium-low. Add **garam masala** and cook until fragrant, 30–60 seconds. Reserve **1 tablespoon spice oil** in a small bowl.

To saucepan with **remaining oil**, add **onion** and **carrots**. Season with **1 teaspoon salt** and **a few grinds of pepper**. Increase heat to medium and cook until softened, 5–6 minutes.



5. Broil pita

Preheat the broiler with a rack in the top position. Place the **pita** on a baking sheet. Brush lightly on both sides with **oil** and sprinkle with **salt**. Broil until lightly browned, turning once, about 1 minute per side. (Watch closely as broilers vary widely.) Remove from the oven and cut into wedges.



3. Build soup

Add **ginger** and cook until fragrant, about 1 minute. Add **tomatoes, lentils, coconut milk**, and **2 cups water**. Cover and bring to a boil.



6. Finish & serve

Stir **lime juice and zest** and **half of the chopped cilantro** into soup. Ladle into bowls and drizzle **reserved spice oil** over soup. Garnish with **remaining cilantro** and serve with **lime wedges** and **toasted pita**. Enjoy!