



READY TO COOK
BY HARRIS FARM

SPANISH TOMATO, EGGPLANT AND LENTIL SOUP



PREP
10 min



COOK
40 min



SERVES
4

INGREDIENTS:

- > ¾ Cup Green lentils
- > 1 Brown Onion
- > 2 Garlic Cloves
- > 1 Eggplant
- > ½ Tuscan Kale Bunch
- > 1 Tbsp Spanish Spice Mix
- > 400g Chopped Tomatoes
- > ¼ Coriander Bunch
- > 500ml Vegetable Stock

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 1 Tsp Ground Cumin
- > 1 Saffron Pinch
- > 1 Tbsp Greek Style Yoghurt

METHOD – GET COOKING!



1 In a small saucepan, place the lentils with 2½ cups of water, add a pinch of salt and bring to a boil. Turn down heat to medium low and simmer for 10-12 minutes.

Cut the eggplant into approximately 2-3 cm cubes. Remove the Tuscan kale leaves off the stems. Wash and finely chop the coriander, reserving a few whole leaves for garnishing. Dice the onion and finely slice the garlic. Set ingredients aside.

2 Bring a large casserole dish to high heat, drizzle with olive oil and cook the garlic and onion for 2 minutes, stirring regularly. Add another drizzle of olive oil and sauté the eggplant for 3 minutes. Add the Spanish spice mix and ground cumin. Cook further for 2 minutes.

Add the chopped tomatoes and bring to a boil. Season with salt and pepper. Add the saffron, chopped coriander and the stock. Then add the lentils, including the water and bring to a boil. Turn down heat to low and cover with a lid. Simmer for 15 minutes until the lentils are fully cooked and soup is flavoursome.

3 Uncover the soup, add the Tuscan kale, toss through until softened and vibrant green.

Serve Spanish tomato, eggplant and lentil soup hot with a dollop of Greek-style yoghurt. Garnish with fresh coriander leaves.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover lentils for any Mediterranean style slow cooked meat dish.
- Use leftover Tuscan kale in any roast dinner by sautéing it with olive oil.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au