



# CARIBBEAN CONFETTI SOUP

with Crispy Curried Roti

VEGGIE



HELLO

## POUDRE DE COLOMBO

A classic curry powder blend originating from the French West Indies

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 1168



Yellow Bell Pepper



Green Onions



Garlic



Lime



Kidney Beans



Poudre de Colombo Spice Blend



Thyme



Roma Tomato



Coconut Milk



Vegetable Broth Concentrate



Roti



Sweet Potato, cubes

## BUST OUT

- Zester
- Large Non-Stick Pan
- Strainer
- Potato Masher
- Measuring Spoons
- Silicone Brush
- Large Pot
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil
- Small Bowl

## INGREDIENTS

2-person

- Yellow Bell Pepper 227 g
- Green Onions 2
- Garlic 1 pkg (10 g)
- Lime 1
- Kidney Beans 1 box
- Poudre de Colombo Spice Blend 1 pkg (1 tbsp)
- Thyme 1 pkg (10 g)
- Roma Tomato 260 g
- Coconut Milk 1 can
- Vegetable Broth Concentrate 2
- Roti 1,2,4 4
- Sweet Potato, cubes 1 pkg (170 g)

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

An easy way to flavour roti (or any other flatbread) is by adding a pinch of spice to the oil, then brushing on both sides before frying!



**1 PREP** Wash and dry all produce.\* Core, then cut the **bell pepper** and **tomatoes** into ½-inch pieces. Thinly slice the **green onions**. Mince or grate the **garlic**. Zest, then cut the **lime** into wedges. Drain and rinse the **beans**. Strip **1 tbsp thyme leaves** from the sprigs.



**4 WARM ROTIS** Meanwhile, in a small bowl, stir the **remaining spice blend** with a drizzle of **oil** (just enough to make it runny!) Brush the **spiced oil** on both sides of the **rotis**. Heat a large non-stick pan over medium-high heat. Add **one** roti to the pan and cook until golden brown, 1-2 min per side. Repeat with the **remaining** roti.



**2 COOK VEGGIES** Heat a large pot over medium heat. Add a drizzle of **oil**, then the **garlic**, **half the green onions**, **thyme**, **2 tsp spice blend** and cook until fragrant, 1-2 min. Add the **bell pepper**. Cook, stirring often, until slightly golden, 3-4 min. (**TIP:** Set aside the remaining spice blend for frying the roti!)



**5 FINISH SOUP** When the **sweet potatoes** are fork-tender, remove the pot from the heat. Using a potato masher, lightly mash the sweet potatoes and **beans**. (**TIP:** Mashing the potatoes and beans with help thicken your soup, but skipping this step is fine!)



**3 SIMMER SOUP** Add the **sweet potatoes**, **beans**, **tomatoes**, **broth concentrates** and **3 cups water** to the pot. Bring up to a boil, then reduce the heat to medium-low. Add the **coconut milk** and simmer until the potatoes are fork-tender and the liquid is slightly reduced, 12-14 min. Season with **salt** and **pepper**.



**6 FINISH AND SERVE** Divide the **soup** between bowls. Sprinkle with the **lime zest**, **remaining green onions** and squeeze over a **lime wedge**. Serve with the **curried roti**.

## YUMMY!

Tear off a piece of roti to scoop up those delicious veggies!

