



African-Inspired Peanut Soup

with Kidney Beans and Sesame Flatbreads

Veggie Spicy 30 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



Kidney Beans



Green Bell Pepper



Sweet Potato



Chili-Garlic Sauce



Yellow Onion



Indian Spice Mix



Peanut Butter



Vegetable Stock Powder



Soy Sauce



Flatbreads



Parsley



Sesame Seeds

HELLO SESAME SEEDS

These little seeds explode with flavour when toasted!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, silicone brush, strainer, measuring cups, whisk, large pot

Ingredients

	2 Person	4 Person
Kidney Beans	370 ml	740 ml
Green Bell Pepper	200 g	400 g
Sweet Potato	340 g	680 g
Chili-Garlic Sauce 🌶️	1 tbsp	2 tbsp
Yellow Onion	113 g	226 g
Indian Spice Mix	1 tbsp	2 tbsp
Peanut Butter	3 tbsp	6 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Flatbreads	2	4
Parsley	7 g	7 g
Sesame Seeds	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Roughly chop **parsley**.
- Drain **beans**.



Finish soup

- Add **beans, sweet potatoes, peppers, soup base** and **1 cup** (1 ½ cups) **water** to the pot with **onions**. Bring to a boil over high.
- Once boiling, reduce heat to medium. Season with **salt** and **pepper**. Cover and cook, stirring occasionally, until **veggies** are tender, 10-12 min. Season with **salt** and **pepper**, to taste.



Start soup

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Cook, stirring occasionally, until slightly softened, 2-3 min.
- Add **chili-garlic sauce** and **Indian Spice Mix**. Cook, stirring constantly, until fragrant, 30 sec.



Toast flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet.
- Brush **tops** with **1 tbsp** (2 tbsp) **oil**. Season with **salt**, then sprinkle with **sesame seeds**. Gently press down on **sesame seeds** to adhere.
- Broil in the **middle** of the oven until **sesame seeds** are golden-brown, 3-5 min. (**TIP:** Keep an eye on sesame seeds so they don't burn!)



Make soup base

- Meanwhile, add **soy sauce, peanut butter, stock powder** and **1 cup** (2 cups) **hot water** to a medium bowl. Whisk until smooth.



Finish and serve

- Quarter **flatbreads**.
- Divide **soup** between bowls. Sprinkle **parsley** over top.
- Serve **flatbreads** alongside for dipping.

Dinner Solved!



Issue with your meal?
Scan the QR code to
share your feedback.