



# African-Inspired Peanut Soup

with Kidney Beans and Sesame Flatbreads

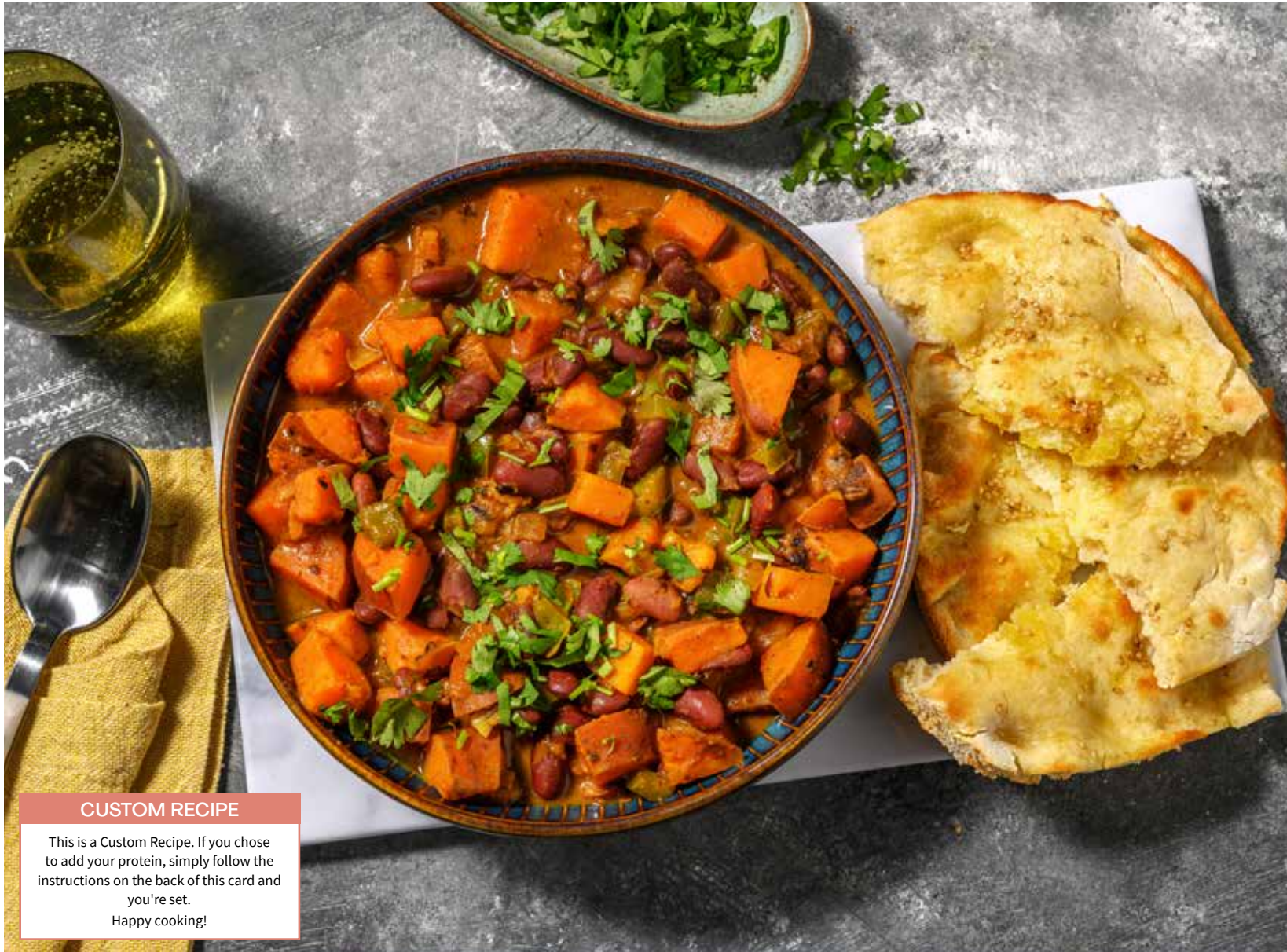
Veggie

Spicy

30 Minutes



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**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Kidney Beans



Beyond Meat®



Green Bell Pepper



Sweet Potato



Chili-Garlic Sauce



Yellow Onion



Indian Spice Mix



Peanut Butter



Vegetable Stock Powder



Soy Sauce



Flatbread



Cilantro



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
Beyond Meat®	2	4
Green Bell Pepper	1	2
Sweet Potato	2	4
Chili-Garlic Sauce 🌶️	1 tbsp	2 tbsp
Yellow Onion	1	2
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
Flatbread	2	4
Cilantro	7 g	7 g
Sesame Seeds	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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 **cilantro**.
- 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.

If you've opted to add **Beyond Meat®**, add **patties** with the **onions** to the large pot. Cook, breaking up **patties** with a spoon, stirring occasionally, until golden-brown and crispy, 2-3 min.\*\*



## 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 **cilantro** over top.
- Serve **flatbreads** alongside for dipping.

## Dinner Solved!



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