



# PERSIAN 'ASH-E RESHTEH' BEAN SOUP

with Parsley Pita and Lemon Yogurt



HELLO

## ASH-E RESHTEH

This Persian-style bean soup is delicately spiced and majorly comforting

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 509



Onion, sliced



Thyme



Garlic



Lemon



Parsley



Mixed Beans



Turmeric



Vegetable Broth Concentrate



Pita



Greek Yogurt



Baby Spinach



## BUST OUT

- Large Pot
- Measuring Spoons
- Zester
- Baking Sheet
- Measuring Cups
- Salt and Pepper
- 2 Small Bowls
- Olive or Canola oil

## INGREDIENTS

2-person

- Onion, sliced 1 pkg (56 g)
- Thyme 1 pkg (10 g)
- Garlic 1 pkg (10 g)
- Lemon 1
- Parsley 1 pkg (10 g)
- Mixed Beans 1 can
- Turmeric 1 pkg (1/2 tsp)
- Vegetable Broth Concentrate 1
- Pita 1 2
- Greek Yogurt 2 1 pkg (100 g)
- Baby Spinach 1 pkg (113 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 soja, les sulfites, les noix et le blé.

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

\*Laver et sécher tous les aliments.

## START STRONG

Preheat your broiler to **high** (to broil the pita).



**1 COOK ONIONS** Wash and dry all produce.\* Heat a large pot over medium heat. Add a drizzle of **oil**, then the **onions** and **half the thyme sprigs** (no need to chop or strip the stems. If the thyme sprigs are flexible enough, you can also use one to tie the other sprigs together like a little bundle). Cook, stirring occasionally, until the onions are golden-brown, 7-8 min.



**4 TOAST PITAS** Meanwhile, in a small bowl, mix together **1 tbsp parsley** and a drizzle of **oil**. Arrange the **pitás** on a baking sheet. Toast in the centre of the oven until golden, 1-2 min. Flip over the pitas and brush with the **parsley oil**. Season with **salt** and **pepper**. Return to the oven. Broil until golden, 1-2 min per side. (**TIP:** Keep your eye on them so they don't burn!)



**2 PREP** Meanwhile, mince or grate the **garlic**. Zest, then juice the **lemon**. Finely chop the **parsley**. In a small bowl, stir together the **yogurt, lemon zest, 1 tbsp lemon juice** and **1 tbsp parsley**. Season with **salt** and **pepper**.



**5 FINISH SOUP** When the **soup** is finished simmering, remove the **thyme stems**. Add the **spinach** and **remaining parsley**, then stir until the spinach wilts, 1-2 min.



**3 START SOUP** Add the **entire box of beans and liquid, garlic** and a **generous pinch of turmeric** to the pot. Cook, stirring, until warmed through 3-4 min. Add the **broth concentrate** and **3 cups water**. Bring to a boil, then reduce heat to medium-low. Simmer until the soup is slightly thickened, 15-18 min. (It will look more like a soup-y stew.)



**6 FINISH AND SERVE** Divide the **ash-e reshteh** between bowls. Dollop with **lemon yogurt**. Cut the **pitás** into wedges and serve with the soup.

## DELICIOUS!

Dip the pitas in the soup for some extra flavour.