



African-Inspired Peanut Soup

with Kidney Beans and Sesame Flatbreads

Veggie

Spicy

30 Minutes

+ Add



Beyond Meat®
2 | 4

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Kidney Beans
370 ml | 740 ml



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

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.

Pantry items | Oil, salt, pepper

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

1



Prep

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

2



Start soup

- Heat a large pot over medium-high heat.
- When the pot is 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.

3



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.

4



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**.

5



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 them so they don't burn!)

6



Finish and serve

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

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

3 | Make soup base and cook Beyond Meat®

Swap | Beyond Meat®

If you've opted to add **Beyond Meat® patties**, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until cooked through, 5-6 min.** Season with **salt** and **pepper**.

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



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