

Signature Hearty Middle Eastern Lentil Soup



CASE CODE
29778

PACK & SIZE
3 x 1.81 kg (4 lb) tub

FIBRE Source of Fibre



Fe Source of Iron



K Source of Potassium



Inspired by traditional Middle Eastern flavours, this hearty lentil soup features slow-simmered vegetables, warming spices, and bright lemon notes for a comforting, satisfying bowl with broad appeal.

- Easy to prepare: 1:1 Reconstitution with water
- Our split pack tray results in quicker preparation time as it allows you to make half batches.
- Our soups start with stocks, seasoning and other ingredients simmered to perfection.
- Vegetables are added last and therefore are cooked for the first time when you prepare the soup in your kitchen.

NUTRITION FACTS

Per 100 g

Calories 111.86

Total Fat 2.69 g

Saturated Fat 0.25 g

+ Trans Fat 0.03 g

Total Carbohydrate 18.07 g

Dietary Fibre 3.07 g

Sugars 1.61 g

Protein 4.93 g

Cholesterol 0 mg

Sodium 599.86 mg

Potassium 224.5 mg

Calcium 29.82 mg

Iron 1.92 mg

Nutrition Facts are based on our current data. However, because the data may change from time to time, this information may not always be identical to the Nutrition Facts table found on the labels of products.

SPECIFICATIONS

Case Code 29778

Pack & Size 3 x 1.81 kg (4 lb) tub

Case Weight 5.90 kg

Case Size 45.09 cm x 27.64 cm x 9.685 cm

Cube 0.0111 m

Ingredients

Lentils, Water, Onions, Carrots, Celery, Modified corn starch, Tomato paste, Canola oil, Garlic (in citric acid), Salt, Cabbage, Ginger, Green onion, Lemon juice concentrate, Spices, Paprika, Turmeric, Parsley, Yeast extract, Flavour. **May contain:** Wheat.

Preparation

1. Remove plastic film.
2. Place 1 tray (2 blocks) of soup in pot.
3. Add one full tray (1.9 L or 8 cups) water and cover.
4. Heat to boiling (min. 80°C / 180°F), stirring occasionally. Reduce heat (70°C / 160°F) and cover. Stir periodically.

Serving Ideas

Garnish Ideas for Serving as Soup

- **Herbs & Fresh:** Chopped fresh parsley, Cilantro (finely chopped), Mint chiffonade, Green onions (thinly sliced), Micro greens, arugula, chives, Fresh diced tomatoes
- **Proteins:** Grilled chicken slices, Shawarma (beef, lamb, chicken)
- **Aromatics & Crunch:** Crispy fried onions or shallots, toasted garlic chips, spiced chickpeas (cumin, paprika), Za'atar-seasoned croutons or pita crisps, Toasted pine nuts or almonds
- **Oils & Sauces:** Extra virgin olive oil, Harissa oil, Chive oil, Plant-based yogurt or sour cream swirl, Garlic sauce

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Storage & Handling

Shelf Life : 21 months

Storage Temperature : -18°C

Do not re-freeze. Do not use if film is torn or missing.