



# Middle Eastern Chickpea & Coconut Soup

with Roast Pumpkin & Coriander

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Peeled & Chopped Pumpkin



Chickpeas



Brown Onion



Garlic



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Chilli Flakes (Optional)



Coriander



Chicken Breast

Prep in: 20-30 mins  
Ready in: 35-45 mins

Calorie Smart<sup>^</sup>

Plant Based<sup>^</sup>

Eat Me Early\*  
\*Custom Recipe only

<sup>^</sup>Custom Recipe is not  
Calorie Smart or Plant Based

Turn a veggie soup into a mouthwatering meal by simmering creamy coconut milk with chickpeas and our cumin, paprika and turmeric-laced chermoula spice blend. Just before serving, stir through a trayful of earthy roasted veg, plus greens for an extra pop of colour. Don't forget the coriander garnish for a bright finish.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
carrot	1	2
peeled & chopped pumpkin	1 medium bag	2 medium bags
chickpeas	1 packet	2 packets
brown onion	1	2
garlic	3 cloves	6 cloves
tomato paste	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
<b>water*</b>	2 cups	4 cups
coconut milk	1 packet	2 packets
vegetable stock powder	1 large sachet	2 large sachets
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
chilli flakes  (optional)	pinch	pinch
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2439kJ (583Cal)	297kJ (71Cal)
Protein (g)	23.1g	2.8g
Fat, total (g)	21.7g	2.6g
- saturated (g)	15.7g	1.9g
Carbohydrate (g)	67.8g	8.2g
- sugars (g)	32.4g	3.9g
Sodium (mg)	1636mg	199mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3192kJ (763Cal)	323kJ (77Cal)
Protein (g)	57g	5.8g
Fat, total (g)	26.4g	2.7g
- saturated (g)	17.2g	1.7g
Carbohydrate (g)	67.8g	6.9g
- sugars (g)	32.4g	3.3g
Sodium (mg)	1720mg	174mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Place **potato, carrot** and **peeled & chopped pumpkin** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Finish the soup

- Add the **water, coconut milk, vegetable stock powder** and the **brown sugar**. Stir to combine, bring to a simmer, then cook until slightly reduced, **3-5 minutes**.



## Get prepped

- Meanwhile, drain and rinse **chickpeas**.
- Finely chop **brown onion** and **garlic**.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



## Add the veggies

- Remove saucepan from the heat. Add **roasted veggies** and **baby spinach leaves**, gently stirring until combined.



## Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring, until softened, **3-4 minutes**.
- Add **garlic, tomato paste, chermoula spice blend** and **chickpeas** and cook until fragrant, **1 minute**.

**Custom Recipe:** Cook chicken with the onion, until cooked through (when no longer pink inside), 5-6 minutes. Continue with step as above.



## Serve up

- Divide chermoula chickpea and coconut soup between bowls.
- Sprinkle with **chilli flakes** (if using) and tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)