

Chermoula Chickpea & Coconut Soup

with Roast Pumpkin & Coriander

EXPLORER

CLIMATE SUPERSTAR









Bamboo Shoots



Peeled & Chopped



Chickpeas

Pumpkin



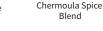


Brown Onion





Tomato Paste





Coconut Milk



Vegetable Stock



Baby Spinach Leaves



Chilli Flakes (Optional)



Coriander



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





Calorie Smart^ ^Custom Recipe is not

Plant-Based or Calorie Smart

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.

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

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	1	2		
bamboo shoots	½ tin	1 tin		
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	1 packet		
chermoula spice blend	1 medium sachet	1 large sachet		
water*	2 cups	4 cups		
coconut milk	1 packet	2 packets		
vegetable stock powder	1 large sachet	2 large sachets		
brown sugar*	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		
	and the second second			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2385kJ (570Cal)	281kJ (67Cal)
Protein (g)	23.4g	2.8g
Fat, total (g)	21.8g	2.6g
- saturated (g)	15.7g	1.8g
Carbohydrate (g)	63.5g	7.5g
- sugars (g)	27.3g	3.2g
Sodium (mg)	1600mg	188mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3138kJ (750Cal)	309kJ (74Cal)
Protein (g)	57.3g	5.6g
Fat, total (g)	26.5g	2.6g
- saturated (g)	17.2g	1.7g
Carbohydrate (g)	63.5g	6.3g
- sugars (g)	27.3g	2.7g
Sodium (mg)	1684mg	166mg

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 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 bamboo shoots (see ingredients) into bite-sized chunks.
- Place potato, bamboo shoots 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.



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.



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 browned and cooked through (when no longer pink inside), 5-6 minutes. Continue with step as above.



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.



Add the veggies

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



Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate