

Chermoula Chickpea & Coconut Soup

with Roast Pumpkin & Coriander

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Bamboo Shoots



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

Plant Based[^]

Calorie Smart[^]

[^]Custom Recipe is not Plant-Based or Calorie Smart

Eat Me Early*
*Custom Recipe only

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
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

*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



1



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.

4



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**.

2



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.

5



Add the veggies

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

3



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.

6



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

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