



Chermoula 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



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 |
| carrot | 1 | 2 |
| peeled & chopped pumpkin | 1 medium packet | 2 medium packets |
| chickpeas | 1 medium packet | 2 medium packets |
| brown onion | 1 | 2 |
| garlic | 3 cloves | 6 cloves |
| tomato paste | 1 medium packet | 1 large packet |
| chermoula spice blend | 1 medium sachet | 1 large sachet |
| water* | 2 cups | 4 cups |
| coconut milk | 1 medium packet | 2 medium packets |
| vegetable stock powder | 1 large sachet | 2 large sachets |
| brown sugar* | 1 tsp | 2 tsp |
| baby spinach leaves | 1 small packet | 1 medium packet |
| coriander | 1 packet | 1 packet |
| chicken breast** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2391kJ (571Cal) | 304kJ (73Cal) |
| Protein (g) | 22.8g | 2.9g |
| Fat, total (g) | 21.6g | 2.7g |
| - saturated (g) | 15.8g | 2g |
| Carbohydrate (g) | 65.4g | 8.3g |
| - sugars (g) | 30.2g | 3.8g |
| Sodium (mg) | 1619mg | 206mg |
| Dietary Fibre (g) | 24.2g | 3.1g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 3104kJ (742Cal) | 326kJ (78Cal) |
| Protein (g) | 59.4g | 6.2g |
| Fat, total (g) | 24.1g | 2.5g |
| - saturated (g) | 16.5g | 1.7g |
| Carbohydrate (g) | 65.6g | 6.9g |
| - sugars (g) | 30.2g | 3.2g |
| Sodium (mg) | 1690mg | 178mg |
| Dietary Fibre | 24.4g | 2.6g |

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.

1



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.

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.
- Tear over **coriander** to serve. Enjoy!

Custom Recipe: Divide chermoula chicken, chickpea and coconut soup between bowls as above.

We're here to help!

Scan here if you have any questions or concerns

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