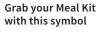


Chermoula Chickpea & Coconut Soup

with Roast Pumpkin & Coriander

EXPLORER

CLIMATE SUPERSTAR











Peeled & Chopped Pumpkin

Chickpeas





Brown Onion





Tomato Paste

Chermoula Spice Blend



Coconut Milk

Vegetable Stock Powder





Baby Spinach Leaves



Coriander

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

Eat Me Early* *Custom Recipe only



^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

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	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.



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.



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.
- Tear over coriander to serve. Enjoy!

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

