



Comforting Chermoula Chickpea Soup

with Roast Pumpkin & Coriander

COSY COMFORTS

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



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

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 First

Turn a warming veggie soup into a mouthwatering comfort meal by simmering creamy coconut milk with chickpeas and our cumin, paprika and turmeric-laced chermoula spice blend.

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)	3107kJ (743Cal)	326kJ (78Cal)
Protein (g)	59.5g	6.2g
Fat, total (g)	24.1g	2.5g
- saturated (g)	16.6g	1.7g
Carbohydrate (g)	65.5g	6.9g
- sugars (g)	30.2g	3.2g
Sodium (mg)	1689mg	177mg
Dietary Fibre	24.3g	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](https://www.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 **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.

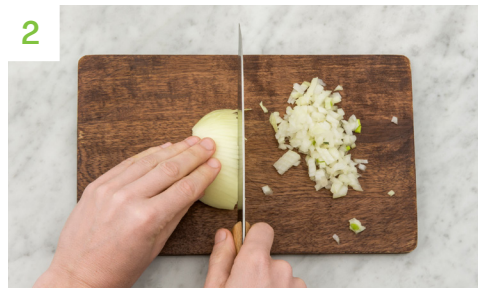
4



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.

Rate your recipe

Did we make your tastebuds happy?

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