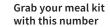


Chermoula Chickpea & Roast Veggie Soup

with Coriander

WINTER WARMERS

CLIMATE SUPERSTAR













Peeled & Chopped Pumpkin

Chickpeas



Brown Onion



Tomato Paste

Chermoula Spice





Coconut Milk

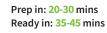
Baby Spinach Leaves



Coriander







Eat Me First





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9			
	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 packet	2 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 packet	2 packets	
salt*	1/4 tsp	½ tsp	
brown sugar*	1 tsp	2 tsp	
baby spinach leaves	1 small packet	1 medium packet	
coriander	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2427kJ (580Cal)	306kJ (73Cal)
Protein (g)	22.9g	2.9g
Fat, total (g)	22.5g	2.8g
- saturated (g)	16.6g	2.1g
Carbohydrate (g)	65.5g	8.3g
- sugars (g)	30.3g	3.8g
Sodium (mg)	1620mg	205mg
Dietary Fibre (g)	24.2g	3.1g

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.



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.



Finish the soup

 Add the water, coconut milk, the salt and 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 roast veggie soup between bowls.
- Tear over coriander to serve. Enjoy!



When starting the soup, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

