



# Creamy Roast Pumpkin Soup & Crispy Bacon

with Herby Garlic Dippers & Fetta

SKILL UP

HALL OF FAME

Grab your meal kit with this number

4



Pumpkin



Carrot



Potato



Red Onion



Bake-At-Home Ciabatta



Nan's Special Seasoning



Diced Bacon



Garlic & Herb Seasoning



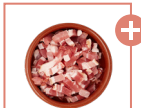
Vegetable Stock Pot



Light Cooking Cream



Fetta Cubes



Diced Bacon



Fetta Cubes

Prep in: 25-35 mins  
Ready in: 40-50 mins

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. To wow the socks off of your harshest critics (we are talking about your kids!), use a stick blender to blitz the roast veggies. This top secret step is what gives your soup the creamiest texture and a super luscious consistency. The critics will definitely approve!

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## 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 · Stick blender

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pumpkin	1 medium	1 large
carrot	1	2
potato	1	2
red onion	1	2
bake-at-home ciabatta	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
diced bacon	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>boiling water*</b>	2½ cups	5 cups
<b>white wine vinegar*</b>	½ tbs	1 tbs
vegetable stock pot	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
fetta cubes	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3960kJ (946Cal)	497kJ (119Cal)
Protein (g)	32.4g	4.1g
Fat, total (g)	43.5g	5.5g
- saturated (g)	21.1g	2.6g
Carbohydrate (g)	104.4g	13.1g
- sugars (g)	32.4g	4.1g
Sodium (mg)	2856mg	359mg
Dietary Fibre (g)	15.1g	1.9g

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://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

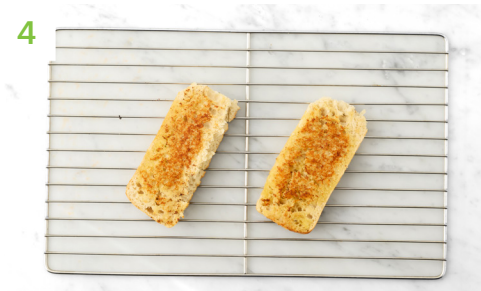
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## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Peel and cut **pumpkin, carrot** and **potato** into bite-sized chunks.
- Cut **red onion** into wedges.
- Slice **bake-at-home ciabatta** in half lengthways.

4



## Bake the garlic dippers

- Meanwhile, place the **butter** and half the **garlic & herb seasoning** in a small bowl and microwave in **10 second** bursts until melted. Season with **pepper**.
- Brush **garlic butter** over cut sides of the ciabatta.
- Place **ciabatta** directly on wire racks in the oven and bake until heated through, **3-5 minutes**.

2



## Roast the veggies

- Place **pumpkin, carrot, potato** and **onion** on a lined oven tray.
- Sprinkle with **Nan's special seasoning**, season with **salt**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

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## Make the soup

- When roast veggies are done, boil the kettle.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic & herb seasoning** until fragrant, **1 minute**.
- Stir in the **boiling water** (2½ cups for 2 people / 5 cups for 4 people), **white wine vinegar**, **vegetable stock pot** and **light cooking cream** and simmer until bubbling, **1-2 minutes**.
- Remove from heat and allow to cool slightly. Add **roasted veggies** to pan and using a stick blender, blitz until desired consistency. Season with **pepper**.

**TIP:** Add some extra water if the soup looks too thick.

**TIP:** If you don't have a stick blender, use a blender.

3



## Cook the bacon

- When veggies have **15 minutes** remaining, in a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon**, breaking up with a spoon, until golden, **4-6 minutes**.
- Transfer to a plate and set aside.

6



## Serve up

- Slice toasted ciabatta in half diagonally.
- Divide creamy roast pumpkin soup between bowls. Top with crispy bacon.
- Crumble over **fetta cubes**.
- Serve with herby garlic dippers. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



### CUSTOM OPTIONS



#### DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.



#### DOUBLE FETTA CUBES

Follow method above.

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

