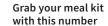


Creamy Chermoula Chickpea & Pumpkin Soup

with Coriander

WINTER WARMERS

CLIMATE SUPERSTAR













Peeled & Chopped Pumpkin







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 First



Plant Based



Calorie Smart

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. 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 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

	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	
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	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2427kJ (580cal)	151kJ (36cal)
Protein (g)	22.9g	1.4g
Fat, total (g)	22.5g	1.4g
- saturated (g)	16.6g	1g
Carbohydrate (g)	65.5g	4.1g
- sugars (g)	30.3g	1.9g
Sodium (mg)	1620mg	100.8mg
Dietary Fibre (g)	24.2g	1.5g

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, vegetable stock powder 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 creamy chermoula chickpea and pumpkin soup between bowls.
- Tear over coriander to serve. Enjoy!



