



Creamy Chermoula Chickpea & Pumpkin Soup

with Coriander

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Potato



Carrot



Peeled & Chopped Pumpkin



Chickpeas



Brown Onion



Garlic



Tomato Paste



Chermoula Spice Blend



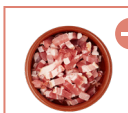
Coconut Milk



Baby Spinach Leaves



Coriander



Diced Bacon



Chicken Breast

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

Plant Based

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. 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 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 packet | 2 packets |
| salt* | ¼ 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) | 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



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.

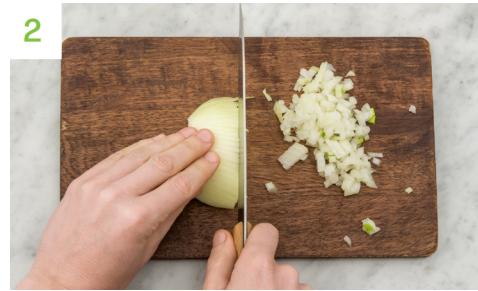
4



Finish the soup

- Add the **water, coconut milk, the salt** and **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**.

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**.

6



Serve up

- Divide creamy chermoula chickpea and pumpkin soup between bowls.
- Tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS



ADD DICED BACON

Cook diced bacon with the onion, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook with the onion, until cooked through, 4-6 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.

