



Coconut Chermoula Chickpea & Pumpkin Soup with Coriander

CLIMATE SUPERSTAR

Grab your meal kit
with this number

7



Potato



Kale



Peeled & Chopped
Pumpkin



Chickpeas



Brown Onion



Garlic



Tomato Paste



Chermoula Spice
Blend



Coconut Milk



Coriander



Chicken
Breast



Diced
Bacon

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 · Deep frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
kale	1 medium packet	2 medium packets
peeled & chopped pumpkin	1 medium packet	1 medium packet
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
brown sugar*	1 tsp	2 tsp
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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Tear **kale** leaves from the stems then discard stems.
- Place **potato** 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**.
- When the veggies have **8 minutes** cook time remaining, add **kale** and a pinch of **salt** to the tray.
- Gently toss to combine. Return tray to the oven, then roast until tender, **5-8 minutes**.

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

4



Finish the soup

- Add the **water**, **coconut milk** and the **brown sugar**. Stir to combine, bring to a simmer, then cook until slightly reduced, **3-5 minutes**. Season to taste with **salt** and **pepper**.

2



Get prepped

- Meanwhile, drain and rinse **chickpeas**.
- Finely chop **brown onion** and **garlic**.

5



Add the veggies

- Remove pan from the heat. Add **roasted veggies**, gently stirring until combined.

3



Start the soup

- In a deep frying pan, 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 coconut chermoula chickpea and pumpkin soup between bowls.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. When starting the soup, cook chicken until cooked through, 4-6 minutes. Continue with recipe.



ADD DICED BACON

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.

