



# Coconut Chermoula Chickpea & Pumpkin Soup with Kale & 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 · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
kale	1 medium packet	2 medium packets
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 OR ½ large sachet	1 large sachet
<b>water*</b>	2 cups	4 cups
coconut milk	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
coriander	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2332kJ (557Cal)	306kJ (73Cal)
Protein (g)	23.3g	3.1g
Fat, total (g)	22.4g	2.9g
- saturated (g)	16.6g	2.2g
Carbohydrate (g)	60.1g	7.9g
- sugars (g)	26g	3.4g
Sodium (mg)	799mg	105mg
Dietary Fibre (g)	23.1g	3g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



## 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 **brown sugar**. Stir to combine, bring to a simmer, then cook until slightly reduced, **3-5 minutes**. Season to taste.



## 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**, gently stirring until combined.



## 3 Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **chickpeas**, stirring, until softened, **3-4 minutes**.
- Add **garlic**, **tomato paste** and **chermoula spice blend** (see ingredients) and cook until fragrant, **1 minute**.



## 6 Serve up

- Divide coconut chermoula chickpea and pumpkin soup between bowls.
- Tear over **coriander** (see ingredients) to serve. Enjoy!

## 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.

