

Caribbean Chickpea & Coconut Soup

with Sweet Potato & Corn

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Sweetcorn



Garlic



Lemon



Chickpeas



Mild Caribbean Jerk Seasoning



Diced Tomatoes With Garlic & Onion



Coconut Milk



Vegetable Stock Powder



Mixed Leaves



Fresh Chilli (Optional)




Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **10-20 mins**
 Ready in: **35-45 mins**  Spicy (optional fresh chilli)

 Naturally Gluten-Free
 Not suitable for coeliacs

Channel the flavours of the Caribbean into a hearty soup brimming with chickpeas, creamy coconut milk and roasted root veggies. Zingy lemon and mild Caribbean spices bring the tropical vibes, while the roasted sweetcorn adds a sweet and toasty depth of flavour.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
garlic	2 cloves	4 cloves
lemon	½	1
chickpeas	1 tin	2 tins
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
coconut milk	1 large tin	2 large tins
vegetable stock powder	1 medium sachet	1 large sachet
mixed leaves	1 medium bag	1 large bag
fresh chilli (optional) 🌶️	1	2
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3065kJ (732Cal)	371kJ (88Cal)
Protein (g)	17.1g	2.1g
Fat, total (g)	42.5g	5.1g
- saturated (g)	31.7g	3.8g
Carbohydrate (g)	61.8g	7.5g
- sugars (g)	24.9g	3g
Sodium (mg)	2309mg	280mg

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 **220°C/200°C fan-forced**. Cut **sweet potato** and **carrot** into small chunks. Drain **sweetcorn**.
- Place **sweet potato**, **carrot** and **corn** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

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

3



Finish the soup

- Add **chickpeas** to the **soup**. Bring to a simmer. Cook until slightly thickened, **6-10 minutes**.
- Stir through roasted **veggies** and **mixed leaves**. Season to taste.
- Add a squeeze of **lemon juice** to taste.

TIP: Stir through a splash of water if you prefer a thinner soup.

2



Start the soup

- While the veggies are roasting, finely chop **garlic**. Cut **lemon** into wedges. Drain and rinse **chickpeas**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **mild Caribbean jerk seasoning**, stirring, until fragrant, **1-2 minutes**.
- Stir through **diced tomatoes with garlic & onion**, **coconut milk** and **vegetable stock powder**.

4



Serve up

- Thinly slice **fresh chilli** (if using).
- Divide Caribbean chickpea and coconut soup between bowls. Sprinkle with chilli. Tear over **herb** leaves.
- Serve with any remaining lemon wedges.

Enjoy!

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