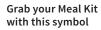


Caribbean Chickpea & Coconut Soup with Sweet Potato & Corn







Prep in: 10-20 mins Spicy (optional Ready in: 35-45 mins fresh chilli) Naturally Gluten-Free Not suitable for coeliacs

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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.

Q

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 \cdot 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	1/2	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.

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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.*



Finish the soup

- Add **chickpeas** to the **soup**. Bring to a simmer. Cook until slightly thickened, **6-10 minutes**.
- Stir though 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.



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.



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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