



CREAMY PUMPKIN SOUP

with Pecan Croutons



Roast pumpkin for maximum flavour



Peeled Pumpkin



Brown Onion



Garlic



Thyme



Cannellini Beans



Bake-At-Home Ciabatta Breads



Pecans



Sweet Mustard Spice Blend



Vegetable Stock Cube



Sour Cream

Pantry Staples



Olive Oil



Water

Hands-on: 20 mins
Ready in: 40 mins

This soup is so tasty and indulgent. With caramel notes of roasted pumpkin and pecans, you'll be thinking you skipped mains and headed right for dessert. Luckily, it's hearty and filling!

BEFORE YOU — START

You will need: **chef's knife, chopping board, two oven trays** lined with **baking paper, kettle, garlic crusher, sieve, large saucepan, wooden spoon, stick blender** or **potato masher** and a **spoon**. Let's start cooking the **Creamy Pumpkin Soup with Pecan Croutons**



1 GET PREPPED
Preheat the oven to **220°C/200°C fan-forced**. Dice the **peeled pumpkin** into 2 cm chunks.



2 ROAST THE PUMPKIN
Place the pumpkin chunks on an oven tray lined with baking paper, toss in **2 tbs of olive oil** and season with a **pinch of salt and pepper**. Bake for **20 minutes**, or until soft and tender. Remove and set aside.



3 PREP THE INGREDIENTS
While the pumpkin is roasting, bring a full kettle of water to the boil. Pick and finely chop the **thyme** leaves to get **1 tbs**. Finely dice the **brown onion**. Peel and crush the **garlic**. Drain and rinse the **cannellini beans**. Slice the **bake-at-home ciabatta bread** into 1 cm cubes.



4 BAKE THE CROUTONS
Place the **ciabatta bread** chunks and the **pecans** on a second oven tray lined with baking paper. Toss in **1 tbs of olive oil** and the chopped **thyme**. Season with **salt and pepper** and bake for **5 minutes**, or until golden and toasted. Remove and set aside.



5 MAKE THE SOUP
While the croutons are baking, heat the **remaining olive oil** in a large saucepan over a medium-high heat. Cook the **brown onion** for **2-3 minutes**, or until softened. Add the crushed **garlic** and **sweet mustard spice blend** and cook, stirring, for **1 minute**, or until fragrant. Add the **cannellini beans**, roasted **pumpkin**, **boiling water** (check the ingredients list for the amount) and crumbled **vegetable stock** cube. Stir to combine and then remove from the heat. Use a stick blender to pulse the mixture until thick and creamy. Add more boiling water if you prefer your soup slightly thinner. **TIP:** If you don't have a stick blender you can use a potato masher, a fork or a blender. Simply remove the soup from the heat, allow to cool slightly then blend in batches until smooth.



6 SERVE UP
Divide the creamy pumpkin soup between bowls. Top with a swirl of **sour cream** and a spoonful of pecan croutons.

ENJOY!

4-5 PEOPLE — INGREDIENTS

	4-5P
peeled pumpkin	800 g
olive oil*	4 tbs
thyme	1 bunch
brown onion ☉	1
garlic ☉	2 cloves
cannellini beans	1 tin (400 g)
bake-at-home ciabatta bread	2
pecans	1 packet (¼ cup)
sweet mustard spice blend ☉	1 sachet (2 tsp)
boiling water*	3 cups
vegetable stock cube	1
sour cream	1 tub (200 ml)

*Pantry Items | ☉ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2570kJ (614Cal)	373kJ (89Cal)
Protein (g)	16.1g	2.3g
Fat, total (g)	30.8g	4.5g
- saturated (g)	9.1g	1.3g
Carbohydrate (g)	62.9g	9.1g
- sugars (g)	16.0g	2.3g
Sodium (mg)	945mg	137mg

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

hello@hellofresh.com.au

2017 | WK24 | F4

