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Pumpkin Soup with Crispy Serrano Ham

Is there anything better, when the cold sets in, than creamy sweet pumpkin soup? Well, actually yes there is. There's this pumpkin soup, which has the addition of crispy Serrano ham and freshly baked herb rolls. You won't believe how rich and creamy the added cannellini beans make this treat.



Prep: 10 mins

Cook: 40 mins

Total: 50 mins



level 1



high protein



winter warmers

Pantry Items



Olive Oil



Hot Water



Pumpkin



Brown Onion



Garlic



Cumin



Cannellini Beans



Serrano Ham



Parsley



Bake-At-Home
Herb Rolls

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2P	4P	Ingredients
1	2	pumpkin, skin removed & cut into 3 cm pieces
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
2 tsp	1 tbs	cumin
2 cups	4 cups	hot water *
1 tin	2 tins	cannellini beans, drained & rinsed
4 slices	8 slices	Serrano ham
2	4	bake-at-home herb rolls
½ bunch	1 bunch	parsley, finely chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2880	Kj
Protein	33.7	g
Fat, total	24.5	g
-saturated	13.3	g
Carbohydrate	77.4	g
-sugars	24.2	g
Sodium	650	mg

2



You will need: *chef's knife, chopping board, garlic crusher, sieve, oven tray lined with baking paper, large saucepan, an extra sheet of baking paper, and a stick blender.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **pumpkin** in half of the **olive oil** and place in a single layer on the prepared oven tray. Season with **salt** and **pepper**. Cook in the oven for **35 minutes** or until tender.

3



3 Meanwhile, heat the remaining olive oil in a large saucepan. Add the **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and **cumin** and cook for a further **1 minute** or until fragrant. Transfer the roast pumpkin to the saucepan with the **hot water**. Bring to the boil. Reduce to a simmer and add the **cannellini beans**.

4 Reline the same oven tray with baking paper and place the **Serrano ham** on the tray in a single layer. Cook in the oven for **5-10 minutes** or until crispy. Add the **bake-at-home herb rolls** in the last **5 minutes** until warm and crusty on the outside.

5 While the serrano ham is crisping up in the oven, remove the large saucepan from the heat and, using a stick blender, blend the mixture into a smooth pumpkin and white bean puree. Season to taste with salt and pepper.

Tip: You can adjust the consistency by adding extra water.

5



6 To serve, divide the soup between bowls. Top with the **parsley** and crumble over the Serrano ham. Serve with the bread rolls on the side.

Did you know? Cannellini beans contain high levels of protein, essential minerals and fibre while maintaining a low level of fats.