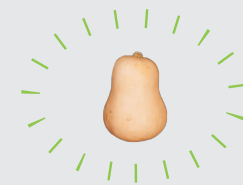




# Roasted Pumpkin Soup

with Pecan & Ciabatta Croutons



Roast pumpkin for maximum flavour



Peeled Pumpkin



Brown Onion



Garlic



Thyme



Bake-At-Home Ciabatta



Pecans



Sweet Mustard Spice Blend



Vegetable Stock



Baby Spinach Leaves



Greek Yoghurt

Pantry Staples



Olive Oil



Water

Hands-on: 30 mins  
Ready in: 40 mins

Are you the kind of person that wishes they could have dessert for dinner? Lucky for you, we've concocted this savoury soup with all the highlights of pumpkin and pecan pies. It's rich and nutty (psst... our secret is roasting the pumpkin to bring out its amazing natural sweetness!).



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, two oven trays** lined with **baking paper, large saucepan, wooden spoon** and a **stick blender**.



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Dice the **peeled pumpkin** into 2 cm chunks. Finely dice the **brown onion**. Crush the **garlic**. Pick the **thyme** leaves.



### 2 COOK THE PUMPKIN

Place the **pumpkin** on the oven tray lined with baking paper, toss in a **drizzle of olive oil** and season with a **pinch of salt** and **pepper**. Bake in the oven for **20 minutes**, or until tender. Remove and set aside. **TIP:** Roasting the pumpkin will add an incredible sweet and nutty flavour to your soup.



### 3 BAKE THE CROUTONS

While the pumpkin is cooking, put half a kettle of water on to boil. Slice the **bake-at-home ciabatta** into 1 cm cubes. Place the ciabatta cubes and the **pecans** on the second oven tray lined with baking paper and sprinkle over the **thyme**. **Drizzle** with **olive oil**, season with a **pinch of salt** and **pepper** and place in the oven to bake for **5 minutes**, or until golden and toasted. **TIP:** Watch to make sure they don't burn! Remove from the oven and set aside.



### 4 MAKE THE SOUP

Heat a **drizzle of olive oil** in a large saucepan over a medium-high heat. Add the **brown onion** and cook for **2-3 minutes**, or until softened. Add the crushed **garlic** and the **sweet mustard spice blend** and cook, stirring, for **1 minute**, or until fragrant. Add the roasted **pumpkin** and the **boiling water (check ingredients list for amount)** and crumble in the **vegetable stock** cube. Stir to combine and dissolve the stock cube.



### 5 FINISH THE SOUP

Remove the soup from the heat and use a stick blender to pulse the mixture until thick. **TIP:** If you don't have a stick blender, use a potato masher, fork or blender to blend the soup in batches. Return the soup to a medium heat and stir through the **baby spinach leaves** until wilted. **TIP:** Add a dash of boiling water if you prefer your soup slightly thinner. Season to taste with a **pinch of salt** and **pepper**.



### 6 SERVE UP

Divide the roasted pumpkin soup between bowls. Top with a dollop of **Greek yoghurt** and a spoonful of pecan and ciabatta croutons.

*Enjoy!*

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	400 g	800 g
brown onion	1	2
garlic 🌱	2 cloves	4 cloves
thyme 🌱	1 bunch	2 bunches
bake-at-home ciabatta	1	2
pecans	1 packet (¼ cup)	2 packets (½ cup)
sweet mustard spice blend	1 sachet (2 tsp)	2 sachets (1 tbs)
boiling water*	1 cup	2 cups
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag	2 bags
Greek yoghurt	1 tub (100g)	2 tubs (200g)

\*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2660kJ (635Cal)	439kJ (105Cal)
Protein (g)	16.1g	2.7g
Fat, total (g)	37.4g	6.2g
- saturated (g)	6.1g	1.0g
Carbohydrate (g)	55.1g	9.1g
- sugars (g)	21.6g	3.6g
Sodium (g)	798mg	132mg

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Hello@HelloFresh.com.au

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