

# Roast Pumpkin Soup & Crispy Bacon

with Herby Garlic Dippers & Fetta

SKILL UP

Grab your meal kit  
with this number

42



Pumpkin



Carrot



Potato



Red Onion



Bake-At-Home  
Ciabatta



Nan's Special  
Seasoning



Diced Bacon



Garlic & Herb  
Seasoning



Vegetable Stock



Light Cooking  
Cream



Fetta Cubes



Diced  
Bacon



Fetta  
Cubes

Prep in: 25-35 mins  
Ready in: 40-50 mins

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. To wow the socks off of your harshest critics (we are talking about your kids!), use a stick blender to blitz the roast veggies. This top secret step is what gives your soup the creamiest texture and a super luscious consistency. The critics will definitely approve!

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Two oven trays lined with baking paper · Large saucepan · Stick blender (or food processor)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pumpkin	1 medium	1 large
carrot	1	2
potato	1	2
red onion	1	2
bake-at-home ciabatta	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
diced bacon	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>boiling water*</b>	2½ cups	5 cups
<b>white wine vinegar*</b>	½ tbs	1 tbs
vegetable stock	1 medium packet	2 medium packets
light cooking cream	1 medium packet	1 large packet
fetta cubes	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3996kJ (955cal)	503kJ (63cal)
Protein (g)	33.1g	4.2g
Fat, total (g)	42.4g	5.3g
- saturated (g)	20.7g	2.6g
Carbohydrate (g)	105.5g	13.3g
- sugars (g)	32g	4g
Sodium (mg)	2891mg	363.6mg
Dietary Fibre (g)	14.9g	1.9g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW11



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Peel and cut **pumpkin, carrot** and **potato** into bite-sized chunks.
- Cut **red onion** into wedges.
- Slice **bake-at-home ciabatta** in half lengthways.



## Bake the garlic dippers

- Meanwhile, place the **butter** and half the **garlic & herb seasoning** in a small microwave-safe bowl and microwave in **10 second** bursts or until melted. Season with **pepper**.
- Brush **garlic butter** over cut sides of the **ciabatta**.
- Place **ciabatta** on a second lined oven tray in the oven and bake until heated through, **3-5 minutes**.



## Roast the veggies

- Place **pumpkin, carrot, potato** and **onion** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **Nan's special seasoning**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

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



## Make the soup

- When roast veggies are done, boil the kettle.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic & herb seasoning** until fragrant, **1 minute**.
- Stir in the **boiling water** (2½ cups for 2 people / 5 cups for 4 people), **white wine vinegar**, **vegetable stock** and **light cooking cream** and simmer until bubbling, **1-2 minutes**.
- Remove from heat and allow to cool slightly.
- Add **roasted veggies** to pan and using a stick blender, blitz until desired consistency. Season with **pepper**.

**TIP:** Add some extra water if the soup looks too thick.

**TIP:** If you don't have a stick blender, use a food processor.



## Cook the bacon

- When veggies have **15 minutes** remaining, in a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon**, breaking up with a spoon, until golden, **4-6 minutes**.
- Transfer to a plate and set aside.



## Finish & serve

- Slice each ciabatta half diagonally.
- Divide roast pumpkin soup between bowls.
- Top with crispy bacon.
- Crumble over **fetta cubes**.
- Serve with herby garlic dippers. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.



#### DOUBLE FETTA CUBES

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

