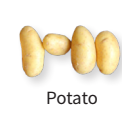




Creamy Chermoula Chickpea Soup

with Roast Pumpkin & Cashews

Grab your Meal Kit with this symbol



Potato



Carrot



Peeled & Chopped Pumpkin



Onion



Garlic



Chickpeas



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Vegetable Stock Powder



Mixed Leaves



Roasted Cashews



Chilli Flakes (Optional)

Prep in: **20-30 mins**
Ready in: **35-45 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Plant Based



Spicy (optional chilli flakes)



Calorie Smart

Turn a veggie soup into a mouthwatering meal by simmering creamy coconut milk with chickpeas and our cumin, paprika and turmeric-laced chermoula spice blend. Just before serving, stir through a trayful of sweet and earthy roasted veg, plus greens for an extra pop of colour. Garnish with roasted cashews for crunch, and chilli flakes if you'd like some heat.

Pantry items

Olive Oil, Brown Sugar

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 · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
peeled & chopped pumpkin	1 medium bag	1 large bag
onion	1	2
garlic	3 cloves	6 cloves
chickpeas	1 tin	2 tins
tomato paste	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
water*	2 cups	4 cups
coconut milk	1 medium tin	1 large tin
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
mixed leaves	1 small bag	1 medium bag
roasted cashews	1 medium packet	1 large packet
chilli flakes (optional) 🌶️	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2669kJ (638Cal)	354kJ (85Cal)
Protein (g)	20.6g	2.7g
Fat, total (g)	26.4g	3.5g
- saturated (g)	14.5g	1.9g
Carbohydrate (g)	71g	9.4g
- sugars (g)	24.1g	3.2g
Sodium (mg)	1726mg	229mg

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.



Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks. Place **potato**, **carrot** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, 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.



Get prepped

Meanwhile, finely chop **onion** and **garlic**. Drain and rinse **chickpeas**.



Start the soup

In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **3-4 minutes**. Add **garlic**, **tomato paste**, **chermoula spice blend** and **chickpeas** and cook until fragrant, **1 minute**.



Finish the soup

Add the **water**, **coconut milk**, **vegetable stock powder** and the **brown sugar**. Bring to a simmer, then cook until slightly reduced, **3-5 minutes**.



Add the veggies

Remove saucepan from the heat. Add roasted **veggies** and **mixed leaves**, gently stirring, until combined.



Serve up

Divide creamy chermoula chickpea soup between bowls. Sprinkle with **roasted cashews** and **chilli flakes** (if using) to serve.

Enjoy!

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