



Creamy Chermoula Chickpea Soup

with Roast Pumpkin & Cashews

Grab your Meal Kit with this symbol



Potato



Carrot



Chickpeas



Brown Onion



Garlic



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Roasted Cashews



Chilli Flakes (Optional)



Peeled & Chopped Pumpkin



Chicken Breast

Pantry items

Olive Oil, Brown Sugar

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



Naturally Gluten-Free
Not suitable for coeliacs



Plant Based
**Custom Recipe is not Plant Based*



Calorie Smart
Eat Me Early*
**Custom Recipe only*

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 earthy roasted veg, plus greens for an extra pop of colour. Don't forget the roasted cashew garnish for some crunch.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
chickpeas	1 tin	2 tins
brown onion	1	2
garlic	3 cloves	6 cloves
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
baby spinach leaves	1 small bag	1 medium bag
roasted cashews	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
chicken breast**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2015kJ (481Cal)	267kJ (63Cal)
Protein (g)	20.8g	2.8g
Fat, total (g)	26.3g	3.5g
- saturated (g)	14.5g	1.9g
Carbohydrate (g)	76.2g	10.1g
- sugars (g)	26g	3.4g
Sodium (mg)	1655mg	219mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2763kJ (660Cal)	300kJ (71Cal)
Protein (g)	55.3g	6g
Fat, total (g)	30.6g	3.3g
- saturated (g)	15.9g	1.7g
Carbohydrate (g)	76.7g	8.3g
- sugars (g)	26.5g	2.9g
Sodium (mg)	1736mg	189mg

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.

We're here to help!

Scan here if you have any questions or concerns



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.



Finish the soup

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



Get prepped

- Meanwhile, drain and rinse **chickpeas**.
- Finely chop **brown onion** and **garlic**.

Custom Recipe: Cut chicken breast into 2cm chunks.



Add the veggies

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



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring, until softened, **w3-4 minutes**.
- Add **garlic, tomato paste, chermoula spice blend** and **chickpeas** and cook until fragrant, **1 minute**.

Custom Recipe: Cook chicken with the onion until cooked through, 5-6 minutes. Continue with step as above.



Serve up

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

Rate your recipe

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