



hello@hellofresh.com.au | (08) 94188 8722 | HelloFresh.com.au

WK22
2016



Warming Pumpkin Soup with Crispy Ham & Herb Rolls

Is there anything better when 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: 15 mins
 Cook: 30 mins
Total: 45 mins
 helping hands

level 1

Pantry Items



Olive Oil



Hot Water



Brown Onion



Garlic



Pumpkin



Sweet Potato



Vegetable Stock



Cannellini Beans



Serrano Ham



Bake-At-Home
Herb Rolls



Chives



Greek Yoghurt

JOIN OUR PHOTO CONTEST

#HelloFreshAU

| QTY | Ingredients |
|----------|--|
| 1 tbs | olive oil * |
| 1 | brown onion, finely sliced |
| 2 cloves | garlic, peeled & crushed |
| 1 | pumpkin, skin removed & chopped into 4 cm chunks |
| 400 g | sweet potato, peeled & chopped into 4 cm chunks |
| 1 L | hot water * |
| 1 cube | vegetable stock, crumbled |
| 1 tin | cannellini beans, drained & rinsed |
| 100 g | Serrano ham |
| 7 | bake-at-home herb rolls |
| 1 bunch | chives, finely chopped |
| 1 tub | Greek yoghurt |

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 2210 | Kj |
| Protein | 23.2 | g |
| Fat, total | 14.7 | g |
| -saturated | 8.1 | g |
| Carbohydrate | 71.5 | g |
| -sugars | 22.4 | g |
| Sodium | 708 | mg |



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, sieve, large saucepan, wooden spoon, stick blender, and a baking paper lined oven tray.*

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

2 Heat 3 teaspoons of the **olive oil** in a large saucepan over a medium-high heat. Cook the **brown onion** for **5 minutes**, stirring regularly, or until the onion has softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **pumpkin** and **sweet potato** to the saucepan and cook, stirring, for **5 minutes** or until slightly softened and golden.



3 Add the **hot water** and crumbled **vegetable stock cube** to the saucepan with the pumpkin. Bring the mixture to the boil and then reduce to a simmer. Cook for **20 minutes**, or until the pumpkin is completely soft when pricked with a knife. Pour in the **cannellini beans** in the last minute to heat through. Once cooked, remove the pan from the heat and blend the soup using a stick blender until smooth. Alternatively allow the soup to cool slightly and blitz in a blender in batches until smooth.



4 Meanwhile, place the **Serrano ham** in a single layer on the prepared oven tray. 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 To serve, divide the soup between bowls. Top with shards of the crispy Serrano ham, **chives** and a dollop of **Greek yoghurt**. Serve with the bake-at-home herb rolls. Enjoy!

Did you know? Cannellini beans are thought to have originated in Peru, then were spread through trade throughout South and Central America, to later be introduced to Europe in the 15th century by Spanish explorers.