



Coconut & Chermoula Veggie Soup

with Crushed Cashew Nuts & Roasted Pumpkin

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Potato



Carrot



Baby Broccoli



Onion



Garlic



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Crushed Roasted Cashews



Chilli Flakes (Optional)



Chicken Breast

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

Calorie Smart

Plant Based[^]

Eat Me Early*
*Custom Recipe only

[^]Custom Recipe is not Plant Based

There's something special about settling down after a long day with a warm aromatic soup. We're leaning into the comfort factor by roasting the veggies and adding them to the chermoula-spiced creamy soup. Garnish with roasted cashew nuts and you're in for a nutritious and relaxing night.

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

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food

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

You will need

Oven tray lined with baking paper · Large deep frying pan

Ingredients

| | 2 People | 4 People |
|--------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| peeled pumpkin pieces | 1 packet (400g) | 1 packet (800g) |
| potato | 1 | 2 |
| carrot | 1 | 2 |
| baby broccoli | 1 bag | 1 bag |
| onion | 1 (medium) | 1 (large) |
| garlic | 3 cloves | 6 cloves |
| tomato paste | 1 packet | 2 packets |
| chermoula spice blend | 1 sachet | 1 sachet |
| water* | 2 cups | 4 cups |
| coconut milk | 1 medium packet | 2 medium packets |
| vegetable stock powder | 1 large sachet | 2 large sachets |
| brown sugar* | 1 tsp | 2 tsp |
| baby spinach leaves | 1 small bag | 1 medium bag |
| crushed roasted cashews | 1 packet | 2 packets |
| chilli flakes (optional) | pinch | pinch |
| chicken breast** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 1628kJ (389Cal) | 257kJ (61Cal) |
| Protein (g) | 14.5g | 2.3g |
| Fat, total (g) | 24.1g | 3.8g |
| - saturated (g) | 16g | 2.5g |
| Carbohydrate (g) | 56.1g | 8.9g |
| - sugars (g) | 26.4g | 4.2g |
| Sodium (mg) | 1542mg | 244mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2373kJ (567Cal) | 299kJ (71Cal) |
| Protein (g) | 47.6g | 6g |
| Fat, total (g) | 29.4g | 3.7g |
| - saturated (g) | 17.5g | 2.2g |
| Carbohydrate (g) | 56.9g | 7.2g |
| - sugars (g) | 26.5g | 3.3g |
| Sodium (mg) | 1641mg | 207mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **peeled pumpkin pieces, potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

4



Finish the soup

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

2



Get prepped

- Meanwhile, halve any thick **baby broccoli** stalks lengthways. Finely chop **onion** and **garlic**.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.

5



Add the veggies

- When the **roasted veggies** are done, add them to the soup along with **baby spinach leaves**. Gently stir until combined.

Custom Recipe: Add chicken to the soup along with the roasted veggies and baby spinach.

3



Start the soup

- Heat a large deep frying pan (or saucepan) over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **onion** until tender, **5-6 minutes**.
- Add **garlic, tomato paste** and **chermoula spice blend** and cook, stirring, until fragrant, **1 minute**.

Custom Recipe: Heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl and continue with step.

6



Serve up

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

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