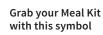


Coconut & Chermoula Veggie Soup with Crushed Cashew Nuts & Roasted Pumpkin

EXPLORER

CLIMATE SUPERSTAR









Peeled Pumpkin Pieces









Carrot

Baby Broccoli









Tomato Paste

Chermoula Spice Blend





Coconut Milk

Vegetable Stock Powder







Baby Spinach Leaves

Crushed Roasted Cashews



Chilli Flakes (Optional)

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





Plant Based^ ^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.

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 small packet	2 small packets OR 1 large 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 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

2023 | CW39



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.



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.



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.



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.



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.



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!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate