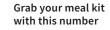


Creamy Chermoula Veggie Soup with Baby Broccoli & Roasted Pumpkin

WINTER WARMERS

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR













Peeled Pumpkin



Baby Broccoli

Pieces











Tomato Paste

Chermoula Spice Blend





Coconut Milk

Vegetable Stock



Baby Leaves



Slivered Almonds



Chilli Flakes (Optional)





Pantry items Olive Oil, Brown Sugar



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



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 slivered almonds and you're in for a nutritious and relaxing night.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Air fryer or oven tray lined with baking paper · Large

Ingredients

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2 People	4 People	
refer to method	refer to method	
1	2	
1	2	
1 medium packet	1 large packet	
1 medium bunch	2 medium bunches	
1/2	1	
3 cloves	6 cloves	
1 packet	2 packets	
1 medium sachet	1 large sachet	
2 cups	4 cups	
1 medium packet	2 medium packets	
1 large sachet	2 large sachets	
1 tsp	2 tsp	
1 small packet	1 medium packet	
1 packet	2 packets	
pinch	1 pinch	
	refer to method 1 1 1 medium packet 1 medium bunch ½ 3 cloves 1 packet 1 medium sachet 2 cups 1 medium packet 1 large sachet 1 tsp 1 small packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1935kJ (462Cal)	264kJ (63Cal)
Protein (g)	16.4g	2.2g
Fat, total (g)	30g	4.1g
- saturated (g)	17g	2.3g
Carbohydrate (g)	61.5g	8.4g
- sugars (g)	30.1g	4.1g
Sodium (mg)	1552mg	212mg
Dietary Fibre (g)	16.1g	2.2g

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.



Roast the veggies

- Cut potato and carrot into bite-sized chunks.
- Set your air fryer to 200°C. Place potato, carrot and **peeled pumpkin pieces** into the air fryer basket, drizzle with olive oil and cook for 10 minutes. Shake the basket, then cook until tender, a further 5-10 minutes.

TIP: No air fryer? Preheat oven to 240°C/220°C fanforced. Prep veggies as above. Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and 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 (see ingredients) and garlic.



Start the soup

- · Heat a large saucepan over medium-high heat with a drizzle of olive oil. Cook baby broccoli and onion until tender, 5-6 minutes.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Add garlic, tomato paste and chermoula spice blend and cook, stirring, until fragrant, 1 minute.



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 pan along with baby leaves. Gently stir until combined.



Serve up

- Divide creamy chermoula veggie soup between bowls.
- Sprinkle with slivered almonds and a pinch of chilli flakes (if using) to serve. Enjoy!





ADD CHICKEN BREAST

Cut into bite-sized pieces. Before cooking soup, cook chicken until cooked through, 4-6 minutes. Set aside. Return to pan with baby leaves.

ADD CHICKEN THIGH

Cut into bite-sized pieces. Before cooking soup, cook chicken until cooked through, 4-6 minutes. Set aside. Return to pan with baby leaves.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

