

Creamy Chermoula Veggie Soup

with Baby Broccoli & Roasted Pumpkin

WINTER WARMERS

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Recipe Update

We've replaced the crushed roasted cashews in this recipe with slivered almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Potato



Carrot



Peeled Pumpkin Pieces



Baby Broccoli



Onion



Garlic



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Leaves



Slivered Almonds



Chilli Flakes (Optional)



Chicken Breast



Chicken Thigh

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

Calorie Smart

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.

Pantry items

Olive Oil, Brown Sugar

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 saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
peeled pumpkin pieces	1 medium packet	1 large packet
baby broccoli	1 medium bunch	2 medium bunches
onion	½	1
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 packet	2 medium packets
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
slivered almonds	1 packet	2 packets
chilli flakes (optional)	pinch	1 pinch

*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.

We're here to help!

Scan here if you have any questions or concerns

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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 fan-forced. 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.



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**.



Get prepped

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



Add the veggies

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



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**.



Serve up

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

CUSTOM OPTIONS



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.

