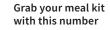


# Creamy Chermoula Veggie Soup with Baby Broccoli & Roasted Pumpkin

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**

ingi caici ico		
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	

<sup>\*</sup>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.

