



# Coconut & Chermoula Veggie Soup

with Cashew Nuts & Roasted Pumpkin

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Potato



Carrot



Green Beans



Onion



Garlic



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Vegetable Stock Powder



Salad Leaves



Roasted Cashews



Chilli Flakes (Optional)

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 20-30 mins
- Ready in: 35-45 mins
- Plant Based
- Calorie Smart
- Spicy (optional chilli flakes)

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 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

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Medium saucepan or large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
potato	1	2
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
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 tin (200ml)	2 tins (400ml)
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
salad leaves	1 small bag	1 medium bag
roasted cashews	1 packet	2 packets
chilli flakes (optional)	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2234kJ (534Cal)	340kJ (81Cal)
Protein (g)	14.9g	2.3g
Fat, total (g)	26g	4g
- saturated (g)	18.2g	2.8g
Carbohydrate (g)	56.9g	8.7g
- sugars (g)	28.8g	4.4g
Sodium (mg)	1536mg	234mg

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://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

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, trim **green beans** and cut into thirds. Finely chop **onion** and **garlic**.



## Start the soup

Heat a medium saucepan or a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion** until softened, **3-4 minutes**. Add **garlic, tomato paste, chermoula spice blend** and **green beans** and cook, stirring, until fragrant, **1 minute**.



## Finish the soup

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



## Add the veggies

When veggies are done, add them to the soup along with **salad leaves**. Gently stir until combined.



## Serve up

Divide coconut and chermoula veggie soup between bowls. Top with **roasted cashews** and **chilli flakes** (if using).

Enjoy!