



# Creamy Curried Cauliflower Soup with Roasted Chickpeas and Cheese

**Classic** 25-30 Minutes • **Mild Spice** • 3 of your 5 a day • Veggie

20



Chickpeas



Cauliflower Florets



Curry Powder



Garlic Clove



Korma Style Paste



Ginger Puree



Vegetable Stock Paste



Baby Spinach



Creme Fraiche



Greek Style Salad Cheese



Chilli Flakes

**Pantry Items**

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Sieve, bowl, baking tray, garlic press and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Chickpeas	1 carton	1½ cartons	2 cartons
Cauliflower Florets**	300g	450g	600g
Curry Powder	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Korma Style Paste <b>9</b>	50g	75g	100g
Ginger Puree	15g	22g	30g
Vegetable Stock Paste <b>10</b>	15g	25g	30g
Baby Spinach**	40g	75g	100g
Crema Fraiche** <b>7</b>	150g	225g	300g
Greek Style Salad Cheese** <b>7</b>	50g	75g	100g
Chilli Flakes	1 pinch	1 pinch	2 pinches

Pantry	2P	3P	4P
Sugar for the Soup*	1 tsp	1½ tsp	2 tsp
Water for the Soup*	400ml	600ml	800ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2452 /586	564 /135
Fat (g)	39.6	9.1
Sat. Fat (g)	19.9	4.6
Carbohydrate (g)	34.1	7.9
Sugars (g)	12.4	2.9
Protein (g)	19.1	4.4
Salt (g)	4.71	1.08

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **9)** Mustard **10)** Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Roast the Cauli and Chickpeas

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Drain and rinse the **chickpeas** in a sieve. Transfer **half** to a small bowl and crush with the back of a fork.

Pop the remaining whole **chickpeas** onto a large baking tray. Halve any large **cauliflower florets**, then add them to the baking tray. Drizzle with **oil**, sprinkle over the **curry powder**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



## Simmer and Stir

Add the **crushed chickpeas**, **vegetable stock paste**, **sugar** and **water for the soup** (see pantry for both amounts) to the saucepan. Stir until combined.

Bring to the boil, then lower the heat and simmer until thickened, 6-8 mins.



## Garlic Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).



## Finish your Soup

When the **soup** has thickened, stir in the **spinach** a handful at a time until wilted, 2-3 mins.

Stir through the **crema fraiche** and **half** the **roasted cauliflower**. Taste and season with **salt** and **pepper** if needed.

Bring the **soup** back to a simmer until piping hot, then remove from the heat.



## Curry Up

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **garlic**, **korma style paste** and **ginger puree**. Cook, stirring, until fragrant, 1 min.



## Serve Up

Share the **creamy curried soup** between your serving bowls. Top with the remaining **roasted cauliflower** and the **roasted chickpeas**.

Crumble over the **Greek style salad cheese** and finish with a sprinkle of **chilli flakes** if you'd like.

Enjoy!