



Curried Cauliflower Soup

with Chickpeas and Naan Dippers

Rapid 20 Minutes • Mild Spice • 5 of your 5 a day • Veggie

4



Cauliflower Florets



North Indian Style Spice Mix



Garlic Clove



Chickpeas



Korma Style Paste



Finely Chopped Tomatoes with Onion and Garlic



Vegetable Stock Paste



Plain Naan Breads



Baby Spinach



Low Fat Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

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

Cooking tools

Baking tray, garlic press, frying pan and sieve.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Korma Style Paste 9)	50g	75g	100g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Plain Naan Breads 7) 13)	2	3	4
Baby Spinach**	40g	100g	100g
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Sugar for the Soup*	1½ tsp	2 tsp	3 tsp
Water for the Soup*	300ml	450ml	600ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3345 / 799	485 / 116
Fat (g)	25.1	3.6
Sat. Fat (g)	5.6	0.8
Carbohydrate (g)	106.2	15.4
Sugars (g)	26.3	3.8
Protein (g)	28.9	4.2
Salt (g)	5.88	0.85

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

Allergens

7) Milk 9) Mustard 10) Celery 13) Cereals containing gluten

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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Spice up the Cauliflower

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve any large **cauliflower florets** and pop them onto a baking tray.
- Drizzle with **oil**, season with **salt, pepper** and the **North Indian style spice mix**, then toss to coat. Spread them out in a single layer.
- When the oven is hot, roast on the top shelf until golden brown and tender, 15-18 mins. Turn halfway through.



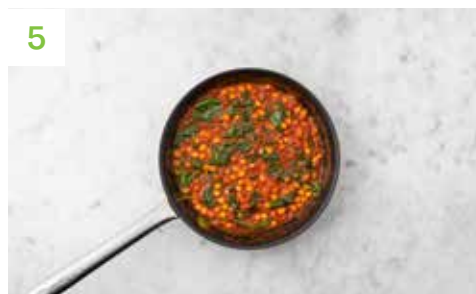
Bring on the Dippers

- While the **soup** simmers, cut each **naan** into 4 pieces and arrange on another baking tray.
- When the **cauliflower** has 5 mins left, sprinkle the **naans** with a little **water** and pop into the oven to bake for 2-3 mins.



Start your Soup

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **chickpeas** in a sieve.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **korma style paste** and **garlic**, cook for 1 min.



Add the Spinach

- Add the **spinach** to the **soup** a handful at a time until wilted and piping hot, 1-2 mins.



Layer the Flavour

- Add the **chopped tomatoes, chickpeas, vegetable stock paste, sugar** and **water for the soup** (see pantry for both amounts) to the pan.
- Season with **salt** and **pepper**.
- Bring to a boil, then lower the heat and simmer, stirring occasionally, until thickened, 10-12 mins.



Finish and Serve

- Once the **cauliflower** has roasted, gently stir it through the **soup**.
- Stir in the **butter** (see pantry for amount) until fully melted. Taste and season with **salt** and **pepper** if needed.
- Share the **cauliflower soup** between your bowls and serve with the **naan dippers** on the side.
- Swirl in some **yoghurt** in each bowl to finish.

Enjoy!