Spiced Sweet Potato and Coconut Soup
with Crispy Chickpeas

This warming soup is packed with nutrients!

hello chef

Cals 787 • Prot 18 • Carbs 116 • Fat 29

Vegan

🕐 cook: 30 min

R3107

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Sweet potatoes	400	600	800	Grams
Shallots	1	2	2	Piece
Chickpeas	240	240	480	Grams
Vegetable oil	1	2	2	Tbsp
Smoked paprika powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Coconut flakes	10	15	20	Grams
Ginger garlic paste	10	15	20	Grams
Curry powder	5	8	10	Grams
Chilli flakes	2	2	4	Grams
Turmeric powder	2	2	4	Grams
Vegetable stock cube 15*	1	1	2	Piece
Water	400	500	800	ML
Coconut milk	200	400	400	ML
Ciabatta 10*, 11*	1	2	2	Piece
Black pepper	0.5	1	1	Tsp
Fresh coriander	15	15	15	Grams
Salted vegan butter	20	20	40	Grams

Allergens

*15 Celery, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery.**

Nutritional information

	Per Serving*
Energy (kJ/kcal)	3301 / 787
Fat (g)	29
of which saturates (g)	16.5
Carbohydrate (g)	116
of which sugars (g)	14.5
Fiber (g)	18.2
Protein (g)	18.3
Salt (g)	2.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

1 Prep

Preheat the oven to 220°C/200°C fan. Peel and chop the **sweet potatoes** into bite sized pieces. Peel and finely chop the **shallots**. Drain and rinse the **chickpeas**.

2 Roast chickpeas

On a baking tray, toss the **chickpeas** in the **vegetable oil**, **smoked paprika** and **salt**. Roast for 15 min until crispy. After 15 min, add the **coconut flakes** and bake for 2 min further until toasted.

Tip! Keep an eye on the coconut and make sure it doesn't burn.

3 Fry base

Meanwhile, heat a large pot over a medium heat with a drizzle of **vegetable oil**. Add the **sweet potatoes** and **shallots** with a pinch of **salt** and cook for 5 min. Add the **ginger garlic paste**, **curry powder**, **chilli flakes (spicy!)** and **turmeric**. Cook for 2 min further.

4 Simmer

Add the **stock cube**, **measured water** and **coconut milk**. Bring to a boil, cover with a lid and reduce the heat to low. Simmer for 20 min.

5 Bake ciabatta

Meanwhile, place the **ciabattas** in the oven for 10 min until golden and warm.

6 Serve

Once ready, use a hand-held blender to blitz the **soup** until smooth. Season with **salt** and **pepper** as needed. Divide the **soup** among bowls, top with the **crispy chickpeas** and garnish with **coconut flakes** and **fresh coriander** leaves. Serve with the warm **ciabattas** and **vegan butter**.

Tip! This soup freezes well, so make an extra batch and cook up the chickpeas and coconut fresh once ready to eat!