



FIRE-BLASTED VEGAN COCONUT CURRY SOUP

with Chickpeas, Cauliflower & Toast



INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Onion



2 | 4
Scallions



10 oz | 20 oz
Cauliflower Florets



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Cumin



1.5 oz | 3 oz
Tomato Paste



1 tsp | 1 tsp
Garam Masala



1 | 2
Coconut Milk
Contains: Tree Nuts



1 | 2
Chickpeas



2 | 4
Veggie Stock
Concentrates



1 | 2
Ciabatta
Contains: Soy, Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

GUARDIANS RECIPE ADVENTURE

In celebration of Marvel Studios' *Guardians of the Galaxy Vol. 3*, landing in theaters on May 5, we're transporting out-of-this-world flavors right to your kitchen—so grab your chosen family and get ready for a delicious adventure.

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PREP: 10 MIN | COOK: 35 MIN | CALORIES: 730



FIRED UP

Looking to up the spice level of this dish? Turn up the heat and give your soup some fiery, Rocket-style attitude by adding a pinch of chili flakes from your pantry.

BUST OUT

- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 1 tsp)



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1 PREP

- Wash and dry produce.
- Halve, peel, and dice **onion**. Trim and thinly slice **scallions**, separating whites from greens. Cut **cauliflower** into bite-size pieces.



3 FINISH SOUP

- Thoroughly shake **coconut milk** in container before opening.
- To pot with **veggies**, stir in coconut milk, **cauliflower, chickpeas and their liquid, stock concentrates, 1 cup water (2 cups for 4 servings)**, and a **big pinch of salt (we used 1 tsp; 2 tsp for 4)**. Bring to a simmer, then cover and reduce heat to medium low. Cook until cauliflower is almost tender, 6 minutes.
- Uncover and cook, stirring occasionally, until **soup** has thickened, 5-7 minutes more. (TIP: If your soup isn't thick enough, simmer until it reaches desired consistency. If your soup is too thick, add a few splashes of water.) Taste and season with **salt** and **pepper**.



2 START SOUP

- Heat a **drizzle of oil** in a medium pot (use a large pot for 4 servings) over medium heat. Add **onion** and a **pinch of salt and pepper**. Cook, stirring occasionally, until browned and softened, 3-4 minutes. TIP: Add a splash of water if onion begins to brown too quickly.
- Add **scallion whites** and **garlic powder**; cook, stirring frequently, until fragrant, 1 minute.
- Add another **drizzle of oil** to pot. Stir in **curry powder, cumin, tomato paste**, and **half the garam masala (all for 4)** until combined. Cook, stirring constantly, until fragrant, 30-60 seconds.



4 MAKE TOAST & SERVE

- Meanwhile, halve **ciabatta**. Drizzle cut sides with **olive oil** and sprinkle with **salt** and **pepper**. Toast until golden; halve on a diagonal.
- Divide **soup** between bowls; sprinkle with **scallion greens**. Serve with **toast** on the side. TIP: Turn up the heat and give your dish a fiery attitude by adding chili flakes from your pantry.

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