



More than Food

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## Pumpkin and Cauliflower Soup

with Coconut Milk, Coriander, and Cilantro

Light coconut milk lends creaminess instead of heaviness to this velvety soup. A touch of coriander and nutty, roasted cauliflower lends the dish a warm, earthy note that's perfect for this time of year!



40 min



level 1



vegan



gluten free



nut free



Pumpkin



Coconut Milk, light



Cauliflower Florets



Carrot



Garlic



Shallot



Cilantro



Coriander, ground



Vegetable Stock Concentrate

## Ingredients

	2 People	4 People
Pumpkin	14 oz	28 oz
Coconut Milk, light	1 can	2 cans
Cauliflower Florets	8 oz	16 oz
Carrot	6 oz	12 oz
Garlic	2 cloves	4 cloves
Shallot	1	2
Cilantro	¼ oz	½ oz
Coriander, ground	1 t	2 t
Vegetable Stock Concentrate	1	2
Oil*	2 T	4 T

\*Not Included

## Allergens

None

## Tools

Baking Sheet, Large Pot, Peeler, Medium Pot, Strainer

Ruler

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**Nutrition per person** Calories: 444 cal | Carbs: 42 g | Fat: 28 g | Protein: 7 g | Fiber: 12 g | Sodium: 452 mg

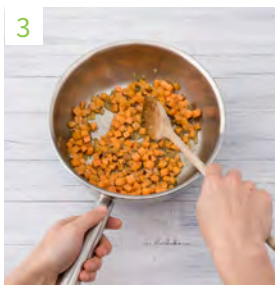
*Make sure to wash and dry produce before prepping or cooking!*



**1 Boil the water & Roast the cauliflower:** Preheat oven to 400 degrees. Bring a medium pot of **water** with a large pinch of **salt** to a boil. Toss the **cauliflower** on a baking sheet with **1 Tablespoon olive oil, salt, pepper,** and **half the coriander.** Roast the **cauliflower** for 30-35 minutes, tossing halfway through cooking, until golden brown.

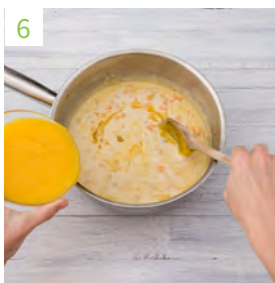


**2 Cook the pumpkin & Prep the veggies:** Add the **pumpkin** to the boiling water and cook 25-30 minutes, until very tender. Peel and finely dice the **carrot.** Halve, peel, and dice the **shallot.** Thinly slice the **garlic.** Chop the **cilantro.**



**3** Heat another **Tablespoon of oil** in a large pot over medium-high heat. Add the **shallot, carrot,** and **remaining coriander** and cook, tossing, for 3-5 minutes, until softened. Add the **garlic** and cook an additional 1 minute, until fragrant.

**4** Add the **coconut milk** to the pot and bring to a boil. Reduce heat to a simmer for 5 minutes.



**5 Mash the pumpkin:** Meanwhile, drain the **pumpkin** and return to the same pot. Mash with a fork or potato masher until as smooth as possible. Add the **stock concentrate** and **1 cup water** to the pot and mash until completely smooth.

**6 Finish the soup:** Add the **pumpkin mixture** to the pot with the **coconut milk** and stir to combine. Bring up to a simmer, then taste and season with **salt** and **pepper.**

**TIP:** For an ultra-silky consistency, let the soup cool down for 4-5 minutes and then blend the soup in a blender. Just make sure to hold the lid of the blender down firmly with a kitchen towel to absorb any remaining steam.

**7** When the **cauliflower** is ready, divide the soup between bowls and place the **cauliflower florets** in the middle of each bowl. Garnish with the **cilantro** and enjoy!