



UCOOK

Chicken Meatballs in Pumpkin Soup

with crispy chickpeas, coriander pesto & coconut yoghurt

Grab a soul-warming bowl of softly spiced pumpkin soup, brimming with lush chicken meatballs. Sprinkled with crispy chickpeas and parsley, and dolloped with coconut yoghurt and throws of coriander pesto. A divine dinner awaits you!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

♥ Health Nut

🍷 Haute Cabrière | Chardonnay Unwooded

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Ingredients & Prep

3	Vegetable Stock Sachets
2	Onions <i>1½ peeled & roughly diced</i>
15ml	Spice & All Things Nice Cape Malay Curry Paste
3	Garlic Cloves <i>peeled & grated</i>
750g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
180g	Chickpeas <i>drained & rinsed</i>
450g	Chicken Mince
15ml	NOMU Indian Rub
30ml	Coriander Pesto
60ml	Coconut Yoghurt
8g	Fresh Parsley <i>rinsed, picked & finely chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel

1. SOUP-ER Boil the kettle. Dilute the vegetable stock with 800ml of boiling water. Place a large pot for the soup over a medium heat with a drizzle of oil. When hot, sauté ½ of the diced onion for 2-3 minutes until soft and translucent. Mix in ¾ of the curry paste (or to taste) and ½ of the grated garlic and fry for a minute until fragrant, shifting constantly. Add the pumpkin pieces and fry for 2-3 minutes. Pour in the diluted stock and stir to incorporate. Bring to a simmer, cover, and cook for 20-25 minutes, stirring occasionally, until the pumpkin is tender.

2. CRISPY CHICKS Place a large pan over a medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 12-15 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in! On completion, drain on paper towel and set aside for serving.

3. ROLLING Preheat the oven to 200°C. In a bowl, combine the mince with the Indian Rub to taste. Mix in the remaining diced onion and the remaining grated garlic and season. Wet your hands slightly to stop the mixture from sticking, and roll into 4-5 meatballs per portion. Place on a greased baking tray and coat in a little oil.

4. WHAT A BALL When the chickpeas are done, place in a bowl and cover to keep warm. Pop the tray of meatballs in the hot oven and bake for 7-8 minutes until browned but not cooked through, shifting halfway. Remove from the oven on completion.

5. ALL TOGETHER NOW When the pumpkin has softened, mix in some more curry paste if you'd like more spice. Transfer the soup mixture to a blender. Pulse until smooth and return to the pot. If the soup is too thick, add in some water until desired consistency. Place over a low heat, pop in the meatballs and simmer for 3-4 minutes until cooked through, basting occasionally. Loosen the pesto with olive oil in 5ml increments until drizzling consistency.

6. DINNER AWAITS Bowl up some spicy pumpkin soup and chicken meatballs. Scatter over the crispy chickpeas and dollop the coconut yoghurt. Drizzle over the pesto and sprinkle over the chopped parsley. Divine, chef!



Chef's Tip

Always add curry paste to your taste preference — you don't have to add it all! When the sauce is nearing completion, taste to test & to increase the heat, stir in any remaining curry paste.

Nutritional Information

Per 100g

Energy	394kJ
Energy	94Kcal
Protein	6.4g
Carbs	8g
of which sugars	2.8g
Fibre	2.1g
Fat	3.6g
of which saturated	0.9g
Sodium	205mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days