

# Prepared Soups

Subcategory

## Articles

- [Malaysian Spiced Pumpkin & Chickpea Soup \(GF\) \(VG\) MP4](#)  
This vegan soup is hearty, silky and packed with flavour. It is also protein-packed to keep you feeling satisfied for longer without compromising on y...
- [Curried Pumpkin & Chicken Soup \(GF\) MP1](#)  
Pumpkin, leek, carrot and sweet potato blended with aromatic curry spices takes this wholesome soup to a new level. Pieces of hand cut chicken breast ...
- [Malaysian Spiced Pumpkin & Chickpea Soup \(GF\) \(VG\) MB1](#)  
This vegan soup is hearty, silky and packed with flavour. It is also protein-packed to keep you feeling satisfied for longer without compromising on y...

Last updated: 2026-02-13