



Everything
But The Chef

hello@hellofresh.com.au | 02 81 888 722

hello@hellofresh.com.au | 02 81 888 722

WK20
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Rustic Italian Soup with Bacon & Ciabatta

Mamma mia, we're excited to bring you this rustic soup. It's got all the good stuff: crispy parmesan ciabatta, rich tomato and warming chilli. Blending part of your soup gives it a more 'creamy' consistency without adding anything extra, and fresh baby spinach keeps this dinner from becoming stodgy.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 2



pantry items



Bacon



Garlic



Red Onion



Celery



Fennel Seeds



Chilli Flakes



Ciabatta



Parmesan



Diced Tomatoes



Vegetable Stock



Cannellini Beans



Baby Spinach

2P	4P	Ingredients
100 g	200 g	bacon, diced
1	2	garlic clove, peeled & crushed
1	2	red onion, diced
2 stalks	4 stalks	celery, diced
1/2 tsp	1 tsp	fennel seeds, crushed
1/2 tsp	1 tsp	chilli flakes
1 bun	2 buns	ciabatta
50 g	100 g	parmesan, grated
1 tin	2 tins	diced tomatoes
200 ml	400 ml	water *
1 tsp	2 tsp	sugar *
1 tsp	2 tsp	vegetable stock powder
1 tin	2 tins	cannellini beans, drained & rinsed
70 g	140 g	baby spinach, washed

May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2810	Kj
Protein	46	g
Fat, total	14.9	g
-saturated	7.1	g
Carbohydrate	75.4	g
-sugars	18.7	g
Sodium	2690	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the grill to **200°C/180°C fan-forced**.

2 Heat some oil in a large frying pan over a low heat. Add the **bacon** and fry off until it is slightly crispy at the edges. Then add the **garlic, onion, celery, fennel** and a pinch of **chilli flakes**. Place the lid slightly ajar on the pan and cook slowly on a low heat for **10 minutes**.



3 Meanwhile, cut the **ciabatta** in half and sprinkle with half of the **parmesan**. Put the halves on a lined baking tray and slide it under the grill for about **5 minutes** - you want to make sure that the bread becomes crunchy. Keep an eye on your bread so that it does not burn! When it is ready, leave it to cool then slice into thick croutons.



4 Once the veggies have softened, add the **diced tomatoes, water, sugar,** and **vegetable stock powder**. Leave everything to simmer for about **5 minutes**. Add the **cannellini beans** and a bit more water if needed and simmer for another **10 minutes**. Use a hand-held blender to pulse the soup just a couple of times to thicken it up. Alternatively, spoon a bit of soup out and blitz with a blender or even mash with a potato masher to get your desired consistency, then stir through remaining soup. Season to taste with salt and pepper.



5 When you are ready to serve the soup, stir through the **spinach**, it will wilt in moments so you won't need to cook it. To serve, add the cheesy croutons and a good grating of the remaining parmesan.

Did you know? The literal translation of 'ciabatta' is 'slipper' because of its shape, and we'd argue because of its warming comfort too!