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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





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

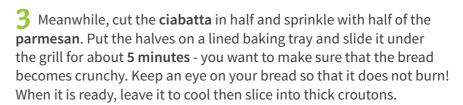
Energy	2810	Kj
Protein	46	g
Fat, total	14.9	g
-saturated	7.1	g
Carbohydrate	75.4	g
-sugars	18.7	g
Sodium	2690	mg

Measuretool

0 cm	1cm	2 cm
1		



- 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**.





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!