



# Middle Eastern White Bean Soup

with Dukkah & Garlic Tortilla Flatbreads

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Capsicum



Dukkah



Cannellini Beans



Garlic



Mini Flour Tortillas



Chermoula Spice Blend



Tomato Sugo



Vegetable Stock Pot



Baby Spinach Leaves



Parsley



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins



Plant-Based<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Plant-Based



Eat Me Early\*  
\*Custom Recipe only

Take your tastebuds to the Middle East with this hearty plant-based dish that delivers in the flavour, texture and aroma departments. Simple steps, like roasting the veggies to bring out their natural sweetness, and dusting the flatbreads with nutty dukkah before crisping them up in the oven, are what makes all the difference.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Two oven trays lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
capsicum	1	2
dukkah	1 medium sachet	1 large sachet
cannellini beans	1 packet	2 packets
garlic	2 cloves	4 cloves
<b>plant-based butter*</b>	40g	80g
mini flour tortillas	6	12
chermoula spice blend	1 medium sachet	2 medium sachets
tomato sugo	2 packets	4 packets
vegetable stock pot	1 packet (20g)	2 packets (40g)
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	1 cup	2 cups
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3177kJ (759Cal)	413kJ (99Cal)
Protein (g)	28.9g	3.8g
Fat, total (g)	28.6g	3.7g
- saturated (g)	6.3g	0.8g
Carbohydrate (g)	85.5g	11.1g
- sugars (g)	24g	3.1g
Sodium (mg)	2824mg	367mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3949kJ (943Cal)	423kJ (101Cal)
Protein (g)	61.5g	6.6g
Fat, total (g)	34.5g	3.7g
- saturated (g)	8.1g	0.9g
Carbohydrate (g)	85.5g	9.2g
- sugars (g)	24g	2.6g
Sodium (mg)	2915mg	312mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **zucchini** and **capsicum** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with some **dukkah** (save a generous pinch for the flatbreads!) and season with **pepper**. Toss to coat.
- Roast until tender, **15-20 minutes**.

3



## Cook the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **cannellini beans** and **chermoula spice blend**, stirring, until fragrant, **1-2 minutes**.
- Add **tomato sugo**, **vegetable stock pot**, the **brown sugar** and the **water**. Bring to a simmer and cook until slightly thickened, **5-8 minutes**.
- When soup is halfway through cooking, bake **flatbreads** until golden and crispy, **5-6 minutes**.
- When soup is done, stir through **baby spinach leaves**, roasted **veggies** and remaining **garlic butter**. Season to taste.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks. In a large saucepan, heat a drizzle of olive oil over high heat. Cook chicken, until browned and cooked through, 5-6 minutes. Transfer to bowl. Continue with step as above. Return cooked chicken to the saucepan with the spinach, veggies and garlic butter.

2



## Get prepped

- While veggies are roasting, drain and rinse **cannellini beans**. Finely chop **garlic**.
- Microwave the **plant-based butter** and **garlic** in a small heatproof bowl for **10 second** bursts or until melted. Stir to combine.
- Place **mini flour tortillas** on a second lined oven tray. Brush with half the **garlic butter** and sprinkle with reserved **dukkah**, turning to coat.

4



## Serve up

- Divide Middle Eastern cannellini beans soup between bowls.
- Tear over **parsley**.
- Serve with dukkah and garlic flatbreads. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)