

# Middle Eastern White Bean Soup

with Dukkah & Garlic Tortilla Flatbreads

WINTER WARMERS

CLIMATE SUPERSTAR











Cannellini Beans





Mini Flour Tortillas





Chermoula Spice Blend

Tomato Sugo



Vegetable Stock



**Baby Spinach** Leaves



Parsley



Prep in: 20-30 mins Ready in: 25-35 mins Eat Me Early\*



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.

**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  $\cdot$  Large saucepan

# Ingredients

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	2 People	4 People
olive oil*	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
plant-based butter*	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)
brown sugar*	1 tsp	2 tsp
water*	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

<sup>\*</sup>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)	<b>3949kJ</b> (943Cal)	<b>423kJ</b> (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.

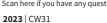
## **Allergens**

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

Visit hellofresh.com.au/foodinfo 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







# Roast the veggies

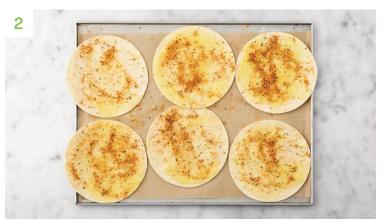
- Preheat oven to 240°C/220°C fan-forced.
- Cut **zucchini** and **capsicum** into bite-sized chunks.
- Place prepped veggies on a lined oven tray. Drizzle with olive oil, sprinkle
  with some dukkah (save a generous pinch for the flatbreads!) and season
  with pepper. Toss to coat.
- · Roast until tender,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



# 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.



# 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.



# Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate