



Chermoula White Bean, Capsicum & Kale Soup

with Dukkah & Garlic Tortilla Flatbreads

WINTER WARMERS

Grab your Meal Kit with this symbol



Zucchini



Capsicum



Dukkah



Cannellini Beans



Kale



Garlic



Mini Flour Tortillas



Chermoula Spice Blend



Tomato Sugo



Vegetable Stock Powder



Parsley



Diced Bacon

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



Plant Based*

*Custom Recipe is not plant-based

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 frying pan

Ingredients

	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
kale	1 medium bag	1 large bag
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*	¾ cup	1 ¼ cups
parsley	1 bag	1 bag
diced bacon	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3196kJ (764Cal)	403kJ (96Cal)
Protein (g)	29.8g	3.8g
Fat, total (g)	28.6g	3.6g
- saturated (g)	6.3g	0.8g
Carbohydrate (g)	85.6g	10.8g
- sugars (g)	24.1g	3g
Sodium (mg)	2859mg	360mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3584kJ (856Cal)	427kJ (102Cal)
Protein (g)	36.7g	4.4g
Fat, total (g)	35.4g	4.2g
- saturated (g)	8.8g	1g
Carbohydrate (g)	86.4g	10.3g
- sugars (g)	24.6g	2.9g
Sodium (mg)	3289mg	392mg

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



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 frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **cannellini beans** and **chermoula spice blend**, stirring, until fragrant, **1-2 minutes**.
- Stir in **tomato sugo**, **vegetable stock pot**, the **brown sugar** and the **water**. Bring to a simmer and cook until slightly thickened, **5-8 minutes**.
- When the soup is halfway through cooking, bake the **tortilla flatbreads** until golden and crispy, **5-6 minutes**.
- When the soup has **2 minutes** remaining, stir through kale until wilted **1-2 minutes**. Stir through **roasted veggies** and remaining **garlic butter**. Season to taste.

Custom Recipe: If you've added diced bacon, heat pan as above. Before cooking the beans, cook diced bacon, breaking up bacon with a spoon, until golden, 4-6 minutes. Leave bacon in pan and continue with step as above.

2



Get prepped

- While veggies are roasting, drain and rinse **cannellini beans**.
- Roughly tear **kale** leaves, then discard stems.
- 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 chermoula white bean, capsicum and kale soup between bowls.
- Tear over **parsley**.
- Serve with dukkah and garlic tortilla flatbreads. Enjoy!

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