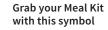


Chermoula White Bean, Capsicum & Kale Soup

with Dukkah & Garlic Tortilla Flatbreads

WINTER WARMERS















Cannellini Beans







Mini Flour



Chermoula Spice

Tortillas





Tomato Sugo



Vegetable Stock

Parsley



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



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.



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 frying pan

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		
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 1/4 cups		
parsley	1 bag	1 bag		
diced bacon	1 packet (90g)	1 packet (180g)		
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^{*}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







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 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.



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.



Serve up

- Divide chermoula white bean, capsicum and kale soup between bowls.
- Tear over parsley.
- Serve with dukkah and garlic tortilla flatbreads. Enjoy!