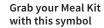


# Cannellini Bean & Veggie Soup

with Garlic Ciabatta & Parsley

CLIMATE SUPERSTAR

















Cannellini Beans









Parsley

Vegetable Stock Powder



Bake-At-Home



Ciabatta





Prep in: 15-25 mins Ready in: 25-35 mins

Plant Based\*



Golden and crispy garlic ciabatta is meant to be used for dipping and dunking and what better pairing could we have created, than by whipping up this cannellini bean soup with a number of gorgeous, hidden veggies for these ciabatta delights?





Olive Oil, Plant-Based Butter

#### 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

Oven tray lined with baking paper · 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		
celery	1 medium bag	1 large bag		
garlic	3 cloves	6 cloves		
cannellini beans	1 packet	2 packets		
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
passata	1 box	2 boxes		
vegetable stock powder	1 medium sachet	1 large sachet		
water*	1½ cups	3 cups		
bake-at-home ciabatta	1	2		
plant-based butter*	15g	30g		
parsley	1 bag	1 bag		
diced bacon**	1 packet (90g)	1 packet (180g)		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

10.01				
Avg Qty	Per Serving	Per 100g		
Energy (kJ)	1736kJ (415Cal)	280kJ (67Cal)		
Protein (g)	22.2g	3.6g		
Fat, total (g)	3.2g	0.5g		
- saturated (g)	0.4g	0.1g		
Carbohydrate (g)	64.5g	10.4g		
- sugars (g)	13.9g	2.2g		
Sodium (mg)	1566mg	253mg		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2124kJ (508Cal)	319kJ (76Cal)
Protein (g)	29.1g	4.4g
Fat, total (g)	10g	1.5g
- saturated (g)	2.9g	0.4g
Carbohydrate (g)	65.3g	9.8g
- sugars (g)	14.5g	2.2g
Sodium (mg)	1996mg	300mg

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.





#### Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Slice zucchini into half-moons.
- · Cut capsicum into bite-size chunks.
- Place veggies on a lined oven tray, drizzle with olive oil, season with salt and toss to coat. Roast until tender, 15-20 minutes.
- Meanwhile, finely chop celery and garlic.
- Drain and rinse cannellini beans.



## Bake the garlic ciabatta

- While soup is cooking, slice **bake-at-home ciabatta** in half lengthways.
- Place the plant-based butter and remaining garlic in a small heatproof bowl and microwave in 10 second bursts until softened. Season with salt.
- Brush garlic butter over the cut sides of ciabatta.
- Place directly on an oven wire rack and bake until golden, **5 minutes**.



# Make the soup

- Heat a large saucepan over medium-high heat with a drizzle of olive oil.
- Cook celery, stirring, until softened, 3-4 minutes.
- Add cannellini beans, Aussie spice blend and half the garlic and cook until fragrant, 1-2 minutes.
- Add passata, vegetable stock powder and the water and simmer, stirring occasionally, until reduced, 5-6 minutes.
- Remove from heat and stir through roasted veggies. Season with pepper.

**Custom Recipe:** If you've added diced bacon, cook with celery, breaking up bacon with a spoon, until golden, 4-6 minutes. Continue as above.



#### Serve up

- Divide cannellini bean and veggie soup between bowls. Serve with garlic ciabatta.
- Tear over **parsley** to serve. Enjoy!