



Cannellini Bean & Veggie Soup

with Garlic Ciabatta & Parsley

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Zucchini



Capsicum



Celery



Garlic



Cannellini Beans



Aussie Spice Blend



Passata



Vegetable Stock Powder



Bake-At-Home Ciabatta



Parsley



Diced Bacon

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

Calorie Smart

Plant Based*

*Custom Recipe is not 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?

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

Pantry items

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

	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)

*Pantry Items **Custom Recipe Ingredient

Nutrition

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.

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**.
- 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**.

3



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**.

2



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.

4



Serve up

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

Rate your recipe

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