



Tuscan Kidney Bean & Veggie Soup

with Cheesy Pesto Toasts

NEW

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic



Soffritto Mix



Italian Herbs



Chilli Flakes (Optional)



Red Kidney Beans



Diced Tomatoes with Garlic & Onion



Vegetable Stock Powder



Bake-At-Home Ciabatta



Basil Pesto



Cheddar Cheese



Baby Spinach Leaves



Fetta Cubes



Chicken Breast

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

Eat Me Early*
**Custom Recipe only*

Settle in for a cosy night with this hearty bean and tomato soup. Full of colourful veggies and classic Italian flavours, the meal gets an extra boost with addictive cheesy pesto toasts on the side.

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

Pantry items

Olive Oil, 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

Large pot or saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
soffritto mix	1 medium bag	1 large bag
Italian herbs	½ medium sachet	1 medium sachet
chilli flakes  (optional)	pinch	pinch
red kidney beans	1 packet	2 packets
diced tomatoes with garlic & onion	1 box	2 boxes
water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
bake-at-home ciabatta	1	2
basil pesto	1 packet	2 packets
Cheddar cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
fetta cubes	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2993kJ (715Cal)	479kJ (114Cal)
Protein (g)	34.1g	5.5g
Fat, total (g)	28.8g	4.6g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	75.9g	12.1g
- sugars (g)	18.3g	2.9g
Sodium (mg)	2390mg	382mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3746kJ (895Cal)	474kJ (113Cal)
Protein (g)	68.1g	8.6g
Fat, total (g)	33.5g	4.2g
- saturated (g)	8.7g	1.1g
Carbohydrate (g)	75.9g	9.6g
- sugars (g)	18.3g	2.3g
Sodium (mg)	2474mg	313mg

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



Start the soup

1. Finely chop **garlic**.
2. In a large pot or saucepan, heat a good drizzle of **olive oil** over medium-high heat. When oil is hot, add **soffritto mix** and cook, stirring occasionally, until softened, **2-3 minutes**.
3. Add a drizzle more **olive oil**, **garlic**, **Italian herbs** (see ingredients) and a pinch of **chilli flakes** (if using). Cook, stirring, until fragrant, **2 minutes**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. Before starting the soup, heat the saucepan with a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate.



Make the cheesy pesto toasts

1. Meanwhile, preheat the grill to high. Slice **bake-at-home ciabatta** in half lengthways and place, cut-side up, on a lined oven tray. Spread with **basil pesto** and sprinkle with **Cheddar cheese**.
2. When the soup has **5 minutes** cook time remaining, place **ciabatta** under the grill, until the cheese is melted and bubbling, **3-5 minutes**.
3. Just before serving the soup, add **baby spinach leaves** and stir until just wilted.

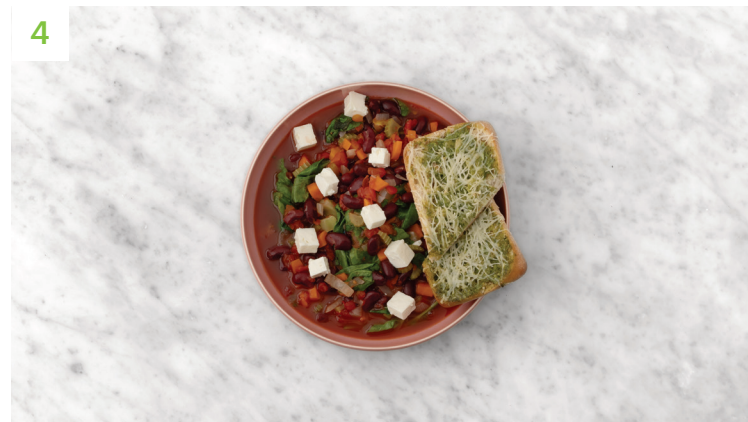
Custom Recipe: Stir through cooked chicken with baby spinach leaves.



Simmer the soup

1. Pour **red kidney beans** (including the liquid!) into the pan with the veggies.
2. Add **diced tomatoes with garlic & onion** and the **water**. Add **vegetable stock powder** and the **brown sugar** and stir to combine.
3. Simmer until slightly reduced, **15 minutes**.

TIP: The bean liquid helps season and thicken the soup!



Serve up

1. Divide the Tuscan veggie bean soup between bowls.
2. Top with **fetta cubes**.
3. Serve with the cheesy pesto toast. Enjoy!

Rate your recipe

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