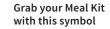


Easy Cannellini Bean & Veggie Soup with Garlic Ciabatta & Parsley

CLIMATE SUPERSTAR













Celery





Cannellini Beans



Aussie Spice Blend



Tomato Sugo



Parsley

Vegetable Stock Powder



Bake-At-Home



Ciabatta

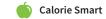




Prep in: 15-25 mins Ready in: 25-35 mins

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?



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

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
zucchini	1	2	
capsicum	1	2	
celery	1 medium packet	1 large packet	
garlic	3 cloves	6 cloves	
cannellini beans	1 packet	2 packets	
Aussie spice blend	1 medium sachet	1 large sachet	
tomato sugo	1 packet	2 packets	
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 packet	1 packet	
diced bacon**	1 medium packet	1 large packet	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1736kJ (415Cal)	280kJ (67Cal)
Protein (g)	22g	3.5g
Fat, total (g)	3.3g	0.5g
- saturated (g)	0.5g	0.1g
Carbohydrate (g)	64.6g	10.4g
- sugars (g)	14.1g	2.3g
Sodium (mg)	1549mg	250mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2124kJ (508Cal)	319kJ (76Cal)
Protein (g)	28.9g	4.3g
Fat, total (g)	10g	1.5g
- saturated (g)	3g	0.5g
Carbohydrate (g)	65.4g	9.8g
- sugars (g)	14.6g	2.2g
Sodium (mg)	1979mg	298mg

The quantities provided above are averages only.

Allergens

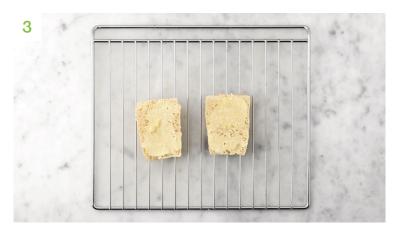
Always read product labels for the most up-to-date allergen information.

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 & get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Slice zucchini into half-moons.
- Cut capsicum into bite-size chunks.
- Place prepped 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 tomato sugo, 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 bacon with celery, breaking up 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!



Scan here if you have any questions or concerns



