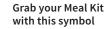


One-Pot Chorizo & Cannellini Bean Soup

with Ciabatta Toast & Pesto Topping

KID FRIENDLY













Ciabatta





Passata



Chicken-Style

Stock Powder



Baby Spinach



Basil Pesto

Leaves





Prep in: 10-20 mins Ready in: 15-25 mins



This one-pot wonder simmers chorizo and cannellini beans in a tomato-based sauce of goodness! With the additions of spinach and toasted ciabatta, you'll be fighting away the weeknight blues in no time.

Pantry items

Olive Oil, 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

Medium saucepan

Ingredients

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
mild chorizo	1 packet	2 packets		
cannellini beans	1 medium packet	2 medium packets		
bake-at-home ciabatta	1	2		
soffritto mix	1 medium packet	1 large packet		
passata	1 packet	2 packets		
chicken-style stock powder	1 medium sachet	1 large sachet		
water*	1 cup	2 cups		
baby spinach leaves	1 medium packet	1 large packet		
butter*	20g	40g		
brown sugar*	1 tsp	2 tsp		
basil pesto	1 medium packet	2 medium packets		
chicken breast**	1 medium packet	2 medium packets OR 1 large packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4573kJ (1093Cal)	672kJ (161Cal)
Protein (g)	46.5g	6.8g
Fat, total (g)	54g	7.9g
- saturated (g)	18.4g	2.7g
Carbohydrate (g)	94.3g	13.9g
- sugars (g)	15.6g	2.3g
Sodium (mg)	3071mg	452mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3874kJ (926Cal)	538kJ (129Cal)
Protein (g)	62.6g	8.7g
Fat, total (g)	28.6g	4g
- saturated (g)	8.5g	1.2g
Carbohydrate (g)	92.9g	12.9g
- sugars (g)	14.1g	2g
Sodium (mg)	1782mg	248mg

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.



Get prepped

- Roughly chop mild chorizo.
- Drain and rinse cannellini beans.
- Slice bake-at-home ciabatta.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks.



Start soup

Heat a medium saucepan over medium-high heat with a drizzle of olive oil.
Cook chorizo and soffritto mix, stirring, until golden and tender,
5-6 minutes.

Custom Recipe: Cook chicken with soffritto mix as above, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



Finish soup

- Stir in cannellini beans, passata, chicken-style stock powder and the water and simmer until reduced. 5-6 minutes.
- Place ciabatta slices in a toaster and toast until golden.
- Add baby spinach leaves, the butter and brown sugar to the soup and stir until wilted.



Serve up

- Divide chorizo and cannellini bean soup between bowls.
- Dollop over basil pesto.
- Serve with ciabatta (butter your toast if preferred). Enjoy!

Custom Recipe: Divide chicken and cannellini bean soup between bowls to serve.



Scan here if you have any questions or concerns



