



Italian White Bean & Veggie Soup

with Parmesan Crisps & Basil Pesto

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Zucchini



Garlic



Celery



Tomato



Silverbeet



Cannellini Beans



Parmesan Cheese



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder



Basil Pesto



Parsley



Parmesan Cheese

Prep in: 15-25 mins
Ready in: 30-35 mins



Calorie Reduced*

*Custom Recipe is not Calorie Reduced

Brimming with a vibrant veggie medley and hearty cannellini beans, this tomato-based, pesto-adorned soup is comfort in a bowl - and who needs carby croutons when you have umami Parmesan crisps?

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

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

Two oven trays lined with baking paper · Large saucepan ·

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
celery	1 medium packet	1 large packet
tomato	1	2
silverbeet	1 medium packet	1 large packet
cannellini beans	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
tomato paste	1 medium packet	1 large packets
water*	2 cups	4 cups
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
basil pesto	1 medium packet	2 medium packets
parsley	1 packet	1 packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2021kJ (483Cal)	401kJ (96Cal)
Protein (g)	19g	3.8g
Fat, total (g)	27.2g	5.4g
- saturated (g)	9.8g	1.9g
Carbohydrate (g)	34.7g	6.9g
- sugars (g)	15.7g	3.1g
Sodium (mg)	1321mg	262mg
Dietary Fibre (g)	19.7g	3.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2229kJ (533Cal)	431kJ (103Cal)
Protein (g)	23.1g	4.5g
Fat, total (g)	30.8g	6g
- saturated (g)	12.4g	2.4g
Carbohydrate (g)	35g	6.8g
- sugars (g)	15.9g	3.1g
Sodium (mg)	1454mg	281mg
Dietary Fibre	19.7g	3.7g

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.

1



Get prepped and roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**. Finely chop **celery**. Roughly chop **tomato**. Thinly slice **silverbeet**. Drain and rinse **cannellini beans**.

3



Cook the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery**, stirring occasionally, until slightly softened, **2-3 minutes**.
- Add **tomato paste** and **garlic** and cook, stirring, until fragrant, **30 seconds**.
- Add **tomato**, the **water**, **garlic & herb seasoning**, **vegetable stock powder**, the **butter** and **brown sugar**. Reduce heat to medium-low and simmer, stirring, until thickened slightly, **3-4 minutes**.
- Stir in **silverbeet**, **cannellini beans** and **roast veggies**. Continue to simmer until silverbeet is wilted, **1-2 minutes**. Season with **pepper**.

2



Make the Parmesan crisps

- On a second lined oven tray, place **Parmesan cheese** in even circles to make two per person.
- Bake until golden and crisp around the edges, **6-8 minutes** (these can burn fast, so keep an eye on them!).

TIP: If your oven tray is getting crowded, bake the Parmesan crisps in batches.

TIP: The Parmesan crisps will crisp up as they cool.

Custom Recipe: If you've doubled your Parmesan cheese, add extra Parmesan to the lined oven tray as above.

4



Serve up

- Divide Italian white bean and veggie soup between bowls.
- Top with **basil pesto** and Parmesan crisps.
- Tear over **parsley** to serve. Enjoy!

Were here to help!

Scan here if you have any questions or concerns

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