



Quick Chorizo & Cannellini Bean Soup

with Ciabatta Toast & Pesto Topping

KID FRIENDLY

Grab your Meal Kit with this symbol



Mild Chorizo



Cannellini Beans



Bake-At-Home Ciabatta



Soffritto Mix



Passata



Chicken-Style Stock Powder



Baby Spinach Leaves



Basil Pesto



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

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.

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

Medium saucepan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| mild chorizo | 1 packet (250g) | 2 packets (500g) |
| cannellini beans | 1 packet | 2 packets |
| bake-at-home ciabatta | 1 | 2 |
| soffritto mix | 1 medium bag | 1 large bag |
| passata | 1 box | 2 boxes |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| water* | 1 cup | 2 cups |
| baby spinach leaves | 1 medium bag | 1 large bag |
| butter* | 20g | 40g |
| brown sugar* | 1 tsp | 2 tsp |
| basil pesto | 1 packet | 2 packets |
| 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) | 3943kJ (942Cal) | 636kJ (152Cal) |
| Protein (g) | 41.6g | 6.7g |
| Fat, total (g) | 52.5g | 8.5g |
| - saturated (g) | 18.1g | 2.9g |
| Carbohydrate (g) | 65.7g | 10.6g |
| - sugars (g) | 15g | 2.4g |
| Sodium (mg) | 2776mg | 448mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3282kJ (784Cal) | 497kJ (119Cal) |
| Protein (g) | 55.1g | 8.3g |
| Fat, total (g) | 29.3g | 4.4g |
| - saturated (g) | 8.8g | 1.3g |
| Carbohydrate (g) | 64.4g | 9.8g |
| - sugars (g) | 13.5g | 2g |
| Sodium (mg) | 1502mg | 228mg |

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



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.

3



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.

2



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.

4



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.

Rate your recipe

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