



Mediterranean Veggie Soup

with Crumbled Fetta & Flaked Almonds

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your meal kit with this number

8



Carrot



Potato



Zucchini



Garlic



Silverbeet



Snacking Tomatoes



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder



Fetta Cubes



Flaked Almonds



Chilli Flakes (Optional)



Diced Bacon



Fetta Cubes

Prep in: 10-20 mins
Ready in: 30-40 mins

Calorie Reduced

Soups are such a dinner-time staple as they are always brimming with warm and homey flavours. Packed into this soup are several veggies and crumbly cheese, waiting to be slurped up by you!

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or oven tray lined with baking paper
Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
silverbeet	1 medium packet	1 large packet
snacking tomatoes	1 medium packet	2 medium packets
tomato paste	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	2 medium sachets
water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
fetta cubes	1 large packet	2 large packets
flaked almonds	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1078kJ (258Cal)	227kJ (54Cal)
Protein (g)	13.8g	2.9g
Fat, total (g)	9.2g	1.9g
- saturated (g)	4g	0.8g
Carbohydrate (g)	28.3g	6g
- sugars (g)	11.6g	2.4g
Sodium (mg)	1375mg	290mg
Dietary Fibre (g)	10.8g	2.3g

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

2024 | CW26



Roast the veggies

- Cut **carrot, potato** and **zucchini** into bite-sized chunks.
- Set air fryer to **200°C**. Place **veggies** into the air fryer basket, season with **salt**, drizzle with **olive oil** and toss to coat.
- Cook for **10 minutes**. Shake the basket, then cook until tender, a further **5-10 minutes**.

TIP: No air fryer? Prep carrot, potato, zucchini as above. Place prepped veggies and snacking tomatoes on a lined oven tray with a drizzle of olive oil. Season with salt and toss to coat. Roast until tender, 15-20 minutes.



Cook the soup

- When the veggies have **5 minutes** cook time remaining, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **tomato paste, garlic & herb seasoning** and **garlic**, stirring, until fragrant, **30 seconds**. Add the **water, vegetable stock powder** and the **brown sugar**, then bring to a simmer and cook until reduced, **2-4 minutes**.
- Add **roasted veggies, snacking tomatoes** and **silverbeet** and cook until wilted, **2-3 minutes**. Season to taste.



Get prepped

- Meanwhile, finely chop **garlic**.
- Thinly slice **silverbeet**.
- Halve **snacking tomatoes**.



Serve up

- Divide Mediterranean veggie soup between bowls.
- Crumble over **fetta cubes**. Top with **flaked almonds** and a pinch of **chilli flakes** (if using) to serve. Enjoy!

CUSTOM OPTIONS



ADD DICED BACON

When starting the soup, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



DOUBLE FETTA CUBES

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

