



Italian White Bean & Veggie Soup

with Parmesan Crisps & Basil Pesto

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Carrot



Zucchini



Garlic



Celery



Tomato



Silverbeet



Cannellini Beans



Parmesan Cheese



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder



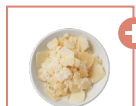
Basil Pesto



Parsley



Beef Mince



Parmesan Cheese

Prep in: 15-25 mins
Ready in: 30-40 mins

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?

Pantry items

Olive Oil, Butter, 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

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	2 medium packets
cannellini beans	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
tomato paste	1 medium packet	2 medium 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 packet	2 packets
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2047kJ (489Cal)	404kJ (97Cal)
Protein (g)	19.2g	3.8g
Fat, total (g)	27.2g	5.4g
- saturated (g)	9.8g	1.9g
Carbohydrate (g)	35.9g	7.1g
- sugars (g)	16.1g	3.2g
Sodium (mg)	1438mg	284mg
Dietary Fibre (g)	18.6g	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



Get prepped & 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 **cannellini beans**.



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 occasionally, until thickened slightly, **3-4 minutes**.
- Add **silverbeet**, **cannellini beans** and **roasted veggies**. Continue to simmer until silverbeet is wilted, **1-2 minutes**. Season with **pepper**.

CUSTOM OPTIONS

+ ADD BEEF MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

+ DOUBLE PARMESAN CHEESE

Follow method above, spreading the cheese over two lined oven trays if your tray is crowded.



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: The Parmesan crisps will crisp up as they cool.



Serve up

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

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

