

One-Pot Chorizo & Cannellini Bean Soup

with Ciabatta Toast & Pesto Topping

WINTER WARMERS

KID FRIENDLY

Grab your meal kit with this number

20



Mild Chorizo



Cannellini Beans



Bake-At-Home Ciabatta



Thyme



Soffritto Mix



Diced Tomatoes with Onion & Garlic



Baby Spinach Leaves



Basil Pesto




Chicken Breast



Chicken Breast

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

 Eat Me First

This one-pot wonder simmers chorizo and cannellini beans in a tomato-based sauce of flavour! 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 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

Medium saucepan

Ingredients

	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
thyme	1 packet	1 packet
bake-at-home ciabatta	1	2
soffritto mix	1 medium packet	1 large packet
diced tomatoes with onion & garlic	½ packet	1 packet
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4577kJ (1094Cal)	673kJ (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)	3072mg	452mg
Dietary Fibre (g)	25.6g	3.8g

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

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

3



Finish soup

- Stir in **cannellini beans, diced tomatoes with onion & garlic (see ingredients)** and the **water** and simmer until reduced, **5-6 minutes**.
- Toast or grill **ciabatta** slices until golden.
- Add **baby spinach leaves, the butter and brown sugar** to the soup and stir until wilted. Season to taste.

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**.
- Add **thyme** leaves and cook until fragrant, **1 minute**.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

