



# Cannellini Bean & Veggie Soup

with Garlic Ciabatta & Parsley

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Zucchini



Capsicum



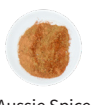
Celery



Garlic



Cannellini Beans



Aussie Spice Blend



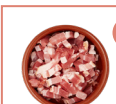
Diced Tomatoes with Onion & Garlic



Bake-At-Home Ciabatta



Parsley



Diced Bacon



Chicken Breast

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

Calorie Smart

Plant Based

Golden and crispy garlic ciabatta is meant to be used for dipping and dunking and what better pairing could we have created, than by whipping up this cannellini bean soup with a number of hidden veggies for these ciabatta delights?

### Pantry items

Olive Oil, Plant-Based Butter

## 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

Oven tray lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
capsicum	1	2
celery	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
cannellini beans	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
diced tomatoes with onion & garlic	½ packet	1 packet
<b>salt*</b>	¼ tsp	½ tsp
<b>water*</b>	1½ cups	3 cups
bake-at-home ciabatta	1	2
<b>plant-based butter*</b>	15g	30g
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2093kJ (500Cal)	343kJ (82Cal)
Protein (g)	22.7g	3.7g
Fat, total (g)	4.1g	0.7g
- saturated (g)	0.6g	0.1g
Carbohydrate (g)	84.9g	13.9g
- sugars (g)	14.1g	2.3g
Sodium (mg)	1762mg	289mg
Dietary Fibre (g)	18.2g	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](https://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 | CW30



## Roast veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **zucchini** into half-moons.
- Cut **capsicum** into bite-size chunks.
- Place prepped **veggies** on a lined oven tray, drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15-20 minutes**.
- Finely chop **celery** and **garlic**.
- Drain and rinse **cannellini beans**.



## Bake garlic ciabatta

- While soup is cooking, slice **bake-at-home ciabatta** in half lengthways.
- Place the **plant-based butter** and remaining **garlic** in a small bowl and microwave in **10 second** bursts until softened. Season with **salt**.
- Brush **garlic butter** over the cut sides of **ciabatta**.
- Place directly on an oven wire rack and bake until golden, **5 minutes**.



## Make the soup

- Heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Cook **celery**, stirring, until softened, **3-4 minutes**.
- Add **cannellini beans**, **Aussie spice blend** and half the **garlic** and cook until fragrant, **1-2 minutes**.
- Add **diced tomatoes with onion & garlic** (see ingredients), the **salt** and **water** and simmer, stirring occasionally, until reduced, **5-6 minutes**.
- Remove from heat and stir through **roasted veggies**. Season with **pepper**.



## Serve up

- Divide cannellini bean and veggie soup between bowls.
- Serve with garlic ciabatta.
- Tear over **parsley** to serve. Enjoy!

## CUSTOM OPTIONS

### + ADD DICED BACON

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

### + ADD CHICKEN BREAST

Cut chicken into bite-sized pieces. Before starting the soup, cook until cooked through, 4-6 minutes. Continue with recipe.

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

