



# 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



Fetta Cubes



Flaked Almonds



Chilli Flakes (Optional)



Fetta Cubes



Diced Bacon

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

Carb Smart

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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
potato	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
silverbeet	1 medium packet	2 medium packets
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
<b>water*</b>	1½ cups	3 cups
<b>salt*</b>	¼ tsp	½ tsp
<b>brown sugar*</b>	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)	111kJ (26cal)
Protein (g)	13.8g	1.4g
Fat, total (g)	9.2g	0.9g
- saturated (g)	4g	0.4g
Carbohydrate (g)	28.3g	2.9g
- sugars (g)	11.6g	1.2g
Sodium (mg)	1375mg	141.2mg
Dietary Fibre (g)	10.8g	1.1g

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 | CW34



1



## 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 on a lined oven tray with a drizzle of olive oil. Season with salt and toss to coat. Roast until tender, 15-20 minutes.

3



## 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, salt** 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.

### CUSTOM OPTIONS



**DOUBLE FETTA CUBES**  
Follow method above.



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

2



## Get prepped

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

4



## 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!

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

