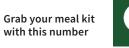


Mediterranean Veggie Soup with Crumbled Fetta & Flaked Almonds

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

















Zucchini





Snacking Tomatoes





Tomato Paste

Garlic & Herb Seasoning







Fetta Cubes

Flaked Almonds



Chilli Flakes (Optional)





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



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	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
water*	1½ cups	3 cups
salt*	1/4 tsp	½ tsp
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)	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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!







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

