



Bacon & Onion Creamy Tomato Soup

with Roast Veggies & Garlic Bread

NEW

KID FRIENDLY

Grab your meal kit with this number

39



Carrot



Zucchini



Aussie Spice Blend



Brown Onion



Diced Bacon



Garlic



Bake-At-Home Ciabatta



Passata



Tomato & Herb Seasoning



Light Cooking Cream



Baby Spinach Leaves



Cheddar Cheese



Diced Bacon

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



Soups don't have to just be enjoyed in the cooler months, we think something as delicious as this should be enjoyed year round! Golden garlic bread is perfect for dipping into this bacon and onion soup, packed with super tender veggies for a bountiful bowl.

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
Aussie spice blend	1 medium sachet	1 large sachet
brown onion	½	1
diced bacon	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
bake-at-home ciabatta	1	2
butter*	20g	40g
passata	1 packet	2 packets
tomato & herb seasoning	1 sachet	2 sachets
brown sugar*	½ tsp	1 tsp
water*	1 cup	2 cups
light cooking cream	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2960kJ (707cal)	236kJ (56cal)
Protein (g)	24.7g	2g
Fat, total (g)	31.3g	2.5g
- saturated (g)	16.2g	1.3g
Carbohydrate (g)	78.7g	6.3g
- sugars (g)	20.3g	1.6g
Sodium (mg)	2501mg	199.8mg
Dietary Fibre (g)	12.7g	1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit helofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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**, sprinkle over **Aussie spice blend** and toss to coat.
- Roast until tender, **20-25 minutes**.

2



Cook the bacon

- Meanwhile, thinly slice **brown onion** (**see ingredients**).
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon** and **onion**, stirring and breaking up with a spoon, until golden, **5-6 minutes**. Transfer to a bowl and set aside.

3



Bake the garlic bread

- Finely chop **garlic**.
- Slice **bake-at-home ciabatta** in half lengthways.
- In a small heatproof bowl, microwave **garlic** and the **butter** in **10 second** bursts, until melted and fragrant. Season with **salt** and **pepper**.
- Brush **garlic butter** over cut sides of **ciabatta** and place on a second lined oven tray. Bake until heated through, **5 minutes**.

4



Start the soup

- Meanwhile, return saucepan to medium-high heat.
- Add **passata**, **tomato & herb seasoning**, the **brown sugar** and **water** and cook, stirring until smooth. Bring to the boil. Reduce heat to medium and simmer until slightly reduced, **2-3 minutes**.

5



Finish the soup

- To saucepan, stir through **light cooking cream**, **baby spinach leaves** and **roast veggies** until wilted and combined, **1 minute**.
- Season with **pepper**.

6



Serve up

- Divide creamy tomato soup between bowls.
- Top with bacon and onion.
- Serve with garlic bread. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS



ADD CHEDDAR CHEESE

Sprinkle over garlic bread before baking.



DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.

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

