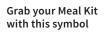


# Chorizo & Cannellini Bean Soup

with Ciabatta Toast & Pesto Topping

NEW

KID FRIENDLY









Mild Chorizo

Cannellini Beans



Bake-At-Home

Soffritto Mix

Ciabatta

Chicken-Style

Basil Pesto

Passata

Stock Powder





**Baby Spinach** Leaves



Prep in: 10-20 mins Ready in: 15-25 mins Eat Me Early\*

\*Custom Recipe only

chorizo, spinach and toasted ciabatta, you'll be fighting away the winter blues in no time.





This one-pot wonder simmers chorizo and cannellini beans in a tomato-based sauce of goodness! With the additions of

### Before you start

Wash your hands and any fresh food

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	½ packet	1 packet
bake-at-home ciabatta	1	2
soffritto mix	1 medium packet	1 large packet
passata	1 box	2 boxes
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 cup	2 cups
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
basil pesto	1 packet	2 packets
chicken breast**	1 small packet	1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3809kJ (910Cal)	693kJ (166Cal)
Protein (g)	43.9g	8g
Fat, total (g)	50.2g	9.1g
- saturated (g)	16.5g	3g
Carbohydrate (g)	62g	11.3g
- sugars (g)	14.3g	2.6g
Sodium (mg)	2822mg	513mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3132kJ (749Cal)	<b>531kJ</b> (127Cal)
Protein (g)	51.4g	8.7g
Fat, total (g)	29.9g	5.1g
- saturated (g)	8.7g	1.5g
Carbohydrate (g)	59.6g	10.1g
- sugars (g)	11.9g	2g
Sodium (mg)	1485mg	252mg

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.



# Get prepped

- Roughly chop mild chorizo.
- Drain and rinse cannellini beans (see ingredients). Slice bake-at-home

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks.



### 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.

Custom Recipe: Cook chicken with soffritto mix as above, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



## Finish soup

- Stir cannellini beans, passata, chicken-style stock powder and the water and simmer, until reduced, 5-6 minutes.
- Place ciabatta slices in a toaster and toast until golden.
- Add baby spinach leaves, the butter and brown sugar to the soup and stir until wilted.



### Serve up

- Divide chorizo and cannellini bean soup between bowls. Dollop over basil
- Serve with ciabatta (butter your toast if preferred). Enjoy!







Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate