



# Italian Kale & Risoni Soup

with Homemade Garlic Bread



Red Onion



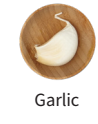
Carrot



Celery



Rosemary



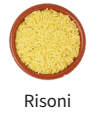
Garlic



Kale



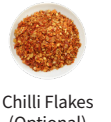
Diced Tomatoes



Risoni



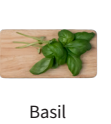
Vegetable Stock Pot



Chilli Flakes (Optional)



Bake-At-Home Ciabatta



Basil



Grated Parmesan Cheese



Diced Bacon

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**

Spicy (optional chilli flakes)

These days, we're all about warming up with a bowl of vibrant veggie soup for a healthier take on comfort food. Rice-shaped risoni pasta transforms this dish into a hearty main, and an easy side of garlic bread adds the finishing touch.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large pot or saucepan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	40g	80g
red onion	1	2
carrot	1	2
celery	1 stalk	2 stalks
rosemary	2 sticks	4 sticks
garlic	4 cloves	8 cloves
kale	1 bag	2 bags
diced tomatoes	1 tin	2 tins
water*	2½ cups	5 cups
risoni	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
chilli flakes (optional)	pinch	pinch
bake-at-home ciabatta	1	2
sugar*	½ tsp	1 tsp
basil	1 punnet	1 punnet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3179kJ (760Cal)	491kJ (117Cal)
Protein (g)	25.3g	3.9g
Fat, total (g)	24.5g	3.8g
- saturated (g)	14.3g	2.2g
Carbohydrate (g)	103.2g	15.9g
- sugars (g)	22.5g	15.9g
Sodium (mg)	1281mg	198mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3560kJ (851Cal)	514kJ (123Cal)
Protein (g)	33g	4.8g
Fat, total (g)	30.8g	4.4g
- saturated (g)	16.6g	2.4g
Carbohydrate (g)	103.6g	15g
- sugars (g)	23g	15g
Sodium (mg)	1706mg	246mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Remove the **butter** from the fridge (to soften for the garlic bread). Finely chop the **red onion**, **carrot** and **celery**. Pick and finely chop the **rosemary leaves**. Finely chop the **garlic**. Thinly slice the **kale**, discarding any larger pieces of stalk if preferred.



## Make the garlic bread

While the soup is simmering, cut slices into the **bake-at-home ciabatta**, 2cm apart, cutting almost to the base but not the whole way through. In a small bowl, combine the remaining **garlic** and 1/2 the **butter**. Season with **salt** and **pepper**. Spread the **garlic butter** between each slice of **ciabatta**. Bake on a lined oven tray until warmed through, **5-10 minutes**.



## Start the soup

In a large pot or saucepan, heat a good drizzle of **olive oil** over a medium-high heat. Add the **onion**, **carrot**, **celery** and a pinch of **salt** and cook, stirring, until tender, **5-6 minutes**. Add the **rosemary** and 1/2 the **garlic** and cook until fragrant, **1 minute**.

### CUSTOM RECIPE

If you've added diced bacon, add it to the pan alongside the veggies and cook, breaking up with a spoon, 5-6 minutes.



## Finish the soup

Stir the **chopped kale** through the soup until wilted, **2 minutes**. Stir through the **sugar** and remaining **butter**. Tear in the **basil leaves** (reserve some for garnish!). Season to taste.



## Simmer the soup

Add the **diced tomatoes**, the **water**, **risoni**, **vegetable stock pot** and a pinch of **chilli flakes** (if using). Stir to combine, then bring to the boil. Reduce the heat to medium and simmer until the soup is thickened and the risoni is tender, **10 minutes**.



## Serve up

Divide the Italian kale and risoni soup between bowls. Top with the **grated Parmesan cheese** and reserved basil leaves. Serve with the homemade garlic bread.

## Enjoy!

## Rate your recipe

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