



Italian Kale, Tomato & Risoni Soup

with Homemade Garlic Bread

Grab your Meal Kit with this symbol



Red Onion



Carrot



Celery



Rosemary



Garlic



Kale



Diced Tomatoes



Risoni



Vegetable Stock Pot



Chilli Flakes (Optional)



Bake-At-Home Ciabatta



Parsley



Grated Parmesan Cheese



Prosciutto

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

Spicy (optional chilli flakes)

Rice-shaped risoni pasta transforms this vibrant veggie soup into a hearty main, while the fresh rosemary and parsley add a depth of flavour that's a little lemony, a little peppery, and a treat with the crunchy garlic bread.



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	1½ medium packets	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
parsley	1 bag	1 bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
prosciutto**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3187kJ (762Cal)	494kJ (118Cal)
Protein (g)	24.9g	3.9g
Fat, total (g)	24.8g	3.8g
- saturated (g)	14.3g	2.2g
Carbohydrate (g)	105.8g	16.4g
- sugars (g)	21.8g	16.4g
Sodium (mg)	1282mg	199mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3649kJ (872Cal)	525kJ (125Cal)
Protein (g)	40g	5.8g
Fat, total (g)	29.7g	4.3g
- saturated (g)	16.2g	2.3g
Carbohydrate (g)	107.1g	15.4g
- sugars (g)	22.9g	15.4g
Sodium (mg)	2242mg	323mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW52



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 you like.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



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 drizzle of **olive oil** over a medium-high heat. Cook the **onion**, **carrot**, **celery** and a pinch of **salt**, 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 prosciutto, roughly chop the prosciutto and add to the pan after cooking the veggies, cooking until golden, 2-3 minutes. Continue with step as above.



Finish the soup

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



Simmer the soup

Add the **diced tomatoes**, the **water**, **risoni** (see ingredients), **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**.

TIP: Stir the soup every 3-4 minutes to mix the ingredients well.



Serve up

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

Enjoy!

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