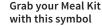
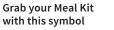
# Italian Veggie & Risoni Soup with Homemade Garlic Bread

















Celery





Italian Herbs

Leafy Greens



**Diced Tomatoes** With Garlic & Onion



Vegetable Stock



Bake-At-Home Ciabatta



Grated Parmesan Cheese



(Optional)



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



**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

#### You will need

Large pot or saucepan · Oven tray lined with baking paper

### **Inaredients**

9. 000		
	2 People	4 People
olive oil*	refer to method	refer to method
butter*	40g	80g
onion	1	2
carrot	1	2
celery	1 stalk	2 stalks
garlic	4 cloves	8 cloves
leafy greens	1 medium bag	2 medium bags
Italian herbs	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
water*	2 ½ cups	5 cups
risoni	1½ 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*	1 tsp	2 tsp
herbs	1 bag	1 bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
diced bacon**	1 packet (90g)	1 packet (180g)

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

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3362kJ (804Cal)	521kJ (125Cal)
Protein (g)	25.7g	4g
Fat, total (g)	25.1g	3.9g
- saturated (g)	14.2g	2.2g
Carbohydrate (g)	112.9g	17.5g
- sugars (g)	25.7g	4g
Sodium (mg)	2059mg	319mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3744kJ (895Cal)	543kJ (130Cal)
Protein (g)	33.4g	4.8g
Fat, total (g)	31.4g	4.6g
- saturated (g)	16.5g	2.4g
Carbohydrate (g)	113.3g	16.4g
- sugars (g)	26.2g	3.8g
Sodium (mg)	2483mg	360mg

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

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# Get prepped

Preheat oven to 220°C/200°C fan-forced. Remove the **butter** from fridge (to soften for garlic bread). Finely chop onion, carrot and celery. Finely chop garlic. Finely chop leafy greens.



#### Start the soup

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

#### **CUSTOM RECIPE**

If you've added diced bacon, cook it with the onion, carrot and celery, breaking bacon up with a spoon, 5-6 minutes. Continue with the step.



#### Simmer the soup

Add diced tomatoes with garlic & onion, 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 heat to medium and simmer until soup is thickened and risoni is tender. 10 minutes.

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



#### Make the garlic bread

While 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 remaining garlic and 1/2 the **butter**. Season with **salt** and **pepper**. Spread garlic butter between each slice of ciabatta. Bake on a lined oven tray until warmed through, 5-10 minutes.



# Finish the soup

Stir leafy greens through soup until wilted, 2 minutes. Stir through the sugar and remaining **butter**. Remove from heat, then tear in the fresh herbs (reserve some for garnish!). Season to taste.



#### Serve up

Divide Italian veggie and risoni soup between bowls. Top with grated Parmesan cheese and reserved herbs. Serve with homemade garlic bread.

#### Enjoy!

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