



Italian Veggie & Risoni Soup

with Homemade Garlic Bread

Grab your Meal Kit with this symbol



Onion



Carrot



Celery



Garlic



Leafy Greens



Italian Herbs



Diced Tomatoes With Garlic & Onion



Risoni



Vegetable Stock Pot



Chilli Flakes (Optional)



Bake-At-Home Ciabatta



Herbs



Grated Parmesan Cheese



Diced Bacon

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 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.



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
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)

*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**.



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**.



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.



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.



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.



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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