



Italian Kale & Risoni Soup

with Homemade Garlic Bread & Parsley

Grab your Meal Kit with this symbol



Carrot



Celery



Garlic



Kale



Italian Herbs



Diced Tomatoes With Garlic & Onion



Risoni



Chilli Flakes (Optional)



Bake-At-Home Ciabatta



Parsley



Vegetable Stock Pot



Grated Parmesan Cheese



Diced Bacon

Prep in: 30-40 mins
Ready in: 35-45 mins

Rice-shaped risoni pasta transforms this vibrant veggie soup into a hearty main. The Italian herbs add a rich depth of flavour that complements the garlic ciabatta; served straight from the oven, it's perfectly chewy, and perfect for dunking.

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
carrot	1	2
celery	1 medium packet	1 large packet
garlic	4 cloves	8 cloves
kale	1 medium bag	1 large bag
Italian herbs	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
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*	1 tsp	2 tsp
parsley	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)	3200kJ (765Cal)	577kJ (138Cal)
Protein (g)	24.6g	4.4g
Fat, total (g)	25g	4.5g
- saturated (g)	14.3g	2.6g
Carbohydrate (g)	105.9g	19.1g
- sugars (g)	20g	3.6g
Sodium (mg)	2203mg	397mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3588kJ (858Cal)	598kJ (143Cal)
Protein (g)	31.5g	5.3g
Fat, total (g)	31.8g	5.3g
- saturated (g)	16.8g	2.8g
Carbohydrate (g)	106.7g	17.8g
- sugars (g)	20.5g	3.4g
Sodium (mg)	2633mg	439mg

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.

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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 **carrot** and **celery**. Finely chop **garlic**.
- Thinly slice **kale**, discarding any larger pieces of stalk.



Make the garlic bread

- While soup is simmering, cut **bake-at-home ciabatta** into slices, 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 **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 bacon with veggies, breaking up with a spoon, until golden, 5-6 minutes.



Finish the soup

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

TIP: *Butter and sugar help to balance the acidity from the tomatoes.*



Simmer the soup

- Add **diced tomatoes with garlic & onion**, the **water, risoni, 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 kale and risoni soup between bowls.
- Top with **grated Parmesan cheese** and reserved parsley.
- Serve with homemade garlic bread. Enjoy!

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