



Mediterranean Tomato & Bean Soup

with Silverbeet & Cheesy Garlic Ciabatta

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Zucchini



Potato



Garlic



Silverbeet



Red Kidney Beans



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Bake-At-Home Ciabatta



Shaved Parmesan Cheese



Chicken Breast

Recipe Update

Unfortunately, this week's butter beans were in short supply, so we've replaced them with red kidney beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 35-45 mins



Calorie Smart[^]
[^]Custom Recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

Soups are such a dinner-time staple as they are always brimming with such warm and homey flavours. Packed into this soup are several hidden veggies and smooth beans, waiting to be soaked up by cheesy ciabatta!

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

Pantry items

Olive Oil, Butter, Brown 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

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
potato	2	4
garlic	3 cloves	6 cloves
silverbeet	1 medium bag	1 large bag
red kidney beans	1 tin	2 tins
butter*	20g	40g
garlic & herb seasoning	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 box	2 boxes
brown sugar*	1 tsp	2 tsp
water*	2 cups	4 cups
bake-at-home ciabatta	1	2
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2714kJ (648Cal)	347kJ (82Cal)
Protein (g)	27g	3.5g
Fat, total (g)	16g	2g
- saturated (g)	8.8g	1.1g
Carbohydrate (g)	92g	11.8g
- sugars (g)	24.8g	3.2g
Sodium (mg)	2534mg	324mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3480kJ (832Cal)	365kJ (87Cal)
Protein (g)	60.4g	6.3g
Fat, total (g)	21.3g	2.2g
- saturated (g)	10.4g	1.1g
Carbohydrate (g)	92.2g	9.7g
- sugars (g)	24.9g	2.6g
Sodium (mg)	2624mg	275mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat the oven to **220°C/200°C fan-forced**. Chop **carrot, zucchini** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.
- Meanwhile, finely chop **garlic**. Roughly chop **silverbeet**.
- Drain and rinse **red kidney beans**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.



Make cheesy ciabatta

- While the soup is simmering, add the remaining **garlic** and a drizzle of **olive oil** to a small bowl.
- Slice **bake-at-home ciabatta** in half and place cut-side up onto a second lined baking tray.
- Drizzle the **garlic oil** over the **bread** and sprinkle with **shaved Parmesan cheese** (reserve a pinch for garnishing the soup later).
- Place the **ciabatta** in the oven, and bake until the cheese is melted and bubbling, **3-5 minutes**.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium heat. Add the **butter, garlic & herb seasoning** and 1/2 of the **garlic**. Cook until fragrant, **1 minute**.

Custom Recipe: Before starting a soup, heat a drizzle of olive oil in saucepan over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl.



Bring it all together

- Add the **roasted veggies** and **silverbeet** to the pan. Stir and cook until softened, **1-2 minutes**. Season to taste.

Custom Recipe: Stir cooked chicken through with the roasted veggies.



Simmer the soup

- Add **red kidney beans, diced tomatoes with garlic & onion**, the **brown sugar** and the **water**.
- Bring to a boil, then turn the heat down to medium-low and simmer until slightly reduced, **10-15 minutes**.



Serve up

- Divide the Mediterranean tomato and bean soup between bowls and top with the reserved parmesan cheese.
- Slice cheesy garlic ciabatta to serve. Enjoy!

Rate your recipe

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