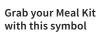


CLIMATE SUPERSTAR





















Cannellini Beans

Garlic & Herb Seasoning



Nan's Special



Seasoning

Plant-Based Cooking Cream





Chilli Flakes (Optional)

Vegetable Stock



Flatbreads



Recipe Update Unfortunately, this

week's bake-athome ciabatta was in short supply, so we've replaced it with flatbread. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early*
*Custom Posit *Custom Recipe only

Plant Based^

^Custom Recipe is not Plant Based

Calorie Smart*

*Custom recipe is not Calorie Smart

This creamy soup has all the veggies worth boasting about, like carrot, tomato, kale and tender cannellini beans. Plant-based cooking cream is swirled in for extra richness, then it's paired with garlic flatbreads for extra decadence.

Pantry items Olive Oil, Plant-Based Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan

Ingredients

| ingi calcino | | | | |
|--|-------------------|--------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| tomato | 1 | 2 | | |
| carrot | 1 | 2 | | |
| kale | 1 medium bag | 1 large bag | | |
| garlic | 2 cloves | 4 cloves | | |
| cannellini beans | 1 medium packet | 2 medium packets | | |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet | | |
| Nan's special seasoning | 1 medium sachet | 1 large sachet | | |
| plant-based cooking cream | 1 medium packet | 2 medium packets | | |
| chilli flakes 🥖 (optional) | pinch | pinch | | |
| vegetable stock pot | 1 packet (20g) | 2 packets (40g) | | |
| water* | 1¼ cups | 2½ cups | | |
| plant-based butter* | 20g | 40g | | |
| flatbreads | 4 | 8 | | |
| chicken breast** | 1 small packet | 2 small packets | | |
| de d | | | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2709kJ (647Cal) | 563kJ (135Cal) |
| Protein (g) | 17.6g | 3.7g |
| Fat, total (g) | 32.6g | 6.8g |
| - saturated (g) | 4.8g | 1g |
| Carbohydrate (g) | 63.2g | 13.1g |
| - sugars (g) | 11.3g | 2.3g |
| Sodium (mg) | 2134mg | 444mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|-----------------------|
| Energy (kJ) | 3469kJ (829Cal) | 537kJ (128Cal) |
| Protein (g) | 50.8g | 7.9g |
| Fat, total (g) | 37.8g | 5.9g |
| - saturated (g) | 6.4g | 1g |
| Carbohydrate (g) | 63.2g | 9.8g |
| - sugars (g) | 11.3g | 1.7g |
| Sodium (mg) | 2222mg | 344mg |

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!





Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Roughly chop tomato and carrot. Thinly slice kale, discarding any larger pieces of stalk. Finely chop garlic.
- Drain and rinse cannellini beans.

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



Make the garlic flatbreads

- Meanwhile, place the plant-based butter and garlic in a small bowl and microwave in 10 second bursts or until melted. Season with salt.
- Place flatbreads on lined oven tray. Brush garlic butter over flatbreads
- · Bake until warmed through, 4-7 minutes.



Cook the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook carrot and tomato, stirring occasionally, until softened, 4-5 minutes.
- Add cannellini beans, garlic & herb seasoning and Nan's special seasoning and cook until fragrant, 1 minute.
- Stir in plant-based cooking cream, chilli flakes (if using), vegetable stock pot and the water and simmer until slightly thickened, 2-3 minutes.
- Stir in kale until just wilted, 1-2 minutes. Season with pepper.

Custom Recipe: Cook chicken with the soffritto mix, tossing until browned and cooked through (when no longer pink inside), 5-6 minutes. Add cannellini beans and continue as above.



Serve up

- Divide creamy white bean soup between bowls.
- Serve with garlic flatbreads. Enjoy!