



Quick Plant-Based White Bean Soup

with Garlic Flatbreads

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Carrot



Kale



Garlic



Cannellini Beans



Garlic & Herb Seasoning



Nan's Special Seasoning



Plant-Based Cooking Cream



Chilli Flakes (Optional)



Vegetable Stock Pot



Flatbreads



Chicken Breast

Recipe Update

Unfortunately, this week's bake-at-home 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



Plant Based^
^Custom Recipe is not Plant Based



Calorie Smart*
*Custom recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only

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.

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

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

	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

*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!

Scan here if you have any questions or concerns



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!

Rate your recipe

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