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Rustic Italian Soup with Bacon & Cheesy Croutons

Mamma mia, we're excited to bring you this rustic soup. It's got all the good stuff: crispy Parmesan croutons, rich tomato and warming chilli. Partially blending your soup gives it a more 'creamy' consistency without adding anything extra - it's one of our favourite little kitchen hacks!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



high fibre



one pot wonder

Pantry Items



Water



Bacon



Garlic



Red Onion



Celery



Birdseye Chilli



Ciabatta



Parmesan Cheese



Diced Tomatoes



Chicken Stock



Borlotti Beans



Parsley

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2P	4P	Ingredients
1 packet	2 packets	bacon, fat removed & finely chopped
1 clove	2 cloves	garlic, peeled & crushed
½	1	red onion, finely chopped
1 stalk	2 stalks	celery, finely chopped
1	2	birdseye chilli, deseeded & finely chopped
1	2	ciabatta
½ block	1 block	Parmesan cheese, finely grated
1 tin	2 tins	diced tomatoes
1 cup	2 cups	water *
1 cube	2 cubes	chicken stock, crumbled
1 tin	2 tins	borlotti beans, drained & rinsed
½ bunch	1 bunch	parsley, finely chopped

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	2450	Kj
Protein	32.8	g
Fat, total	19.2	g
-saturated	6.8	g
Carbohydrate	58.6	g
-sugars	12.8	g
Sodium	1340	mg



You will need: *chef's knife, chopping board, garlic crusher, fine grater, sieve, large saucepan, oven tray lined with baking paper and a hand held blender.*

1 Preheat the grill to a medium heat.

2 Heat a lightly greased large saucepan over a low heat. Add the **bacon** and fry off until it is slightly crispy at the edges. Then add the **garlic, red onion, celery** and **birdseye chilli**. Place the lid slightly ajar on the pan and cook slowly on a low heat for **8 minutes** or until soft.



3 Meanwhile, cut the **ciabatta** in half and sprinkle with half of the **Parmesan cheese**. Put the halves on the prepared oven tray and slide it under the grill for about **5 minutes** - you want to make sure that the bread becomes crunchy. Keep an eye on your bread so that it does not burn! When it is ready, leave it to cool then slice it into thick croutons.



4 Once the veggies have softened, add the **diced tomatoes, water** and **crumbled chicken stock** to the large saucepan. Leave everything to simmer for about **5 minutes**. Add the **borlotti beans** and a bit more water if needed, and simmer for a further **10 minutes**. Use a hand-held blender to pulse the soup just a couple of times to thicken it up. Season to taste with **salt** and **pepper**.

Tip: If you don't have a stick blender, spoon a bit of soup out and blitz with a blender or even mash with a potato masher to get your desired consistency, then stir it through the remaining soup.



5 When you are ready to serve the soup, stir through the **parsley**. To serve, add the cheesy croutons and a good grating of the remaining Parmesan cheese.

Did you know? The literal translation of 'ciabatta' is 'slipper' because of its shape, and we'd argue because of its warming comfort too!