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Rustic Soup with 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



one pot wonder



spicy

Pantry Items



Olive Oil



Water



Garlic



Brown Onion



Celery



Carrot



Birdseye Chilli



Ciabatta



Parmesan Cheese



Diced Tomatoes



Vegetable Stock



Borlotti Beans



Baby Spinach

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2P	4P	Ingredients
2 tsp	1 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
½	1	brown onion, finely chopped
1 stalk	2 stalks	celery, finely chopped
1	2	carrot, peeled & 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	vegetable stock, crumbled
1 tin	2 tins	borlotti beans, drained & rinsed
½ bag	1 bag	baby spinach, washed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2130	Kj
Protein	27.6	g
Fat, total	12.1	g
-saturated	3.2	g
Carbohydrate	59.8	g
-sugars	14	g
Sodium	1130	mg



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

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Heat the **olive oil** in a large saucepan over a low heat. Add the **garlic, brown onion, celery, carrot and birdseye chilli**. Place the lid slightly ajar on the pan and cook slowly on a low heat for **10 minutes**.

3 Meanwhile, cut the **ciabatta** in half and sprinkle with half of the **Parmesan cheese**. Put the halves on a lined 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 vegetable stock**. Leave everything to simmer for about **5 minutes**. Add the **borlotti beans** and a bit more water if needed and simmer for another **10 minutes**. Use a hand-held blender to pulse the soup just a couple of times to thicken it up.

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 through the remaining soup. Season to taste with salt and pepper.

5 When you are ready to serve the soup, stir through the **baby spinach**, it will wilt in moments so you won't need to cook it. To serve, add the cheesy croutons and a good grating of the remaining Parmesan cheese.

Did you know? Medieval artists extracted green pigment from spinach to use as an ink or paint.

