

Tuscan Cannellini Bean Veggie Soup with Garlic Ciabatta & Parmesan Frico





Make Parmesan fricos













Cannellini Beans



Bake-At-Home Ciabatta



Vegetable Stock

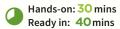


Flaked Parmesan Cheese



Lemon

Pantry staples: Olive Oil, Butter, Plain Flour



The key to this creamy bean soup full of wintry aromatics? It's our delicious Parmesan frico. Get ready to add this disc of happiness to your recipe repertoire!

START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, kettle, fine grater, colander, small bowl, foil, large saucepan, wooden spoon, two medium bowls, oven tray lined with baking paper and stick blender (optional).



Preheat the oven to 200°C/180°C fanforced. Put a kettle full of water on to boil. Peel and finely grate the garlic. Thinly slice the leek. Finely chop the carrot (unpeeled). Finely chop the celery. Pick and finely chop the rosemary leaves. Drain and rinse the cannellini beans.

and bake for 7-8 minutes, or until golden

and crisp.



MAKE THE GARLIC BREAD
Soften 2/3 of the butter in the microwave in a small bowl. Add 1/2 the garlic to the butter and stir to combine. Cut slices into the bake-at-home ciabatta, 2 cm apart, ensuring you cut almost to the base but not the whole way through. Spoon the garlic butter into each slice. Wrap the bread in foil and place in the oven for 15 minutes, or until the garlic butter has melted and the bread is warmed through.



Heat the remaining butter and a dash of olive oil in a large saucepan over a mediumhigh heat. Add the leek, carrot and celery and cook for 5 minutes, or until softened. Add the rosemary and the remaining garlic and cook for 1-2 minutes, or until fragrant. Add the cannellini beans, crumble in the vegetable stock cube and add the boiling water (check ingredients list for amount). Bring to the boil then reduce the heat to medium and simmer for 10 minutes, or until slightly thickened.



MAKE THE PARMESAN FRICO
While the soup is cooking, combine the flaked Parmesan cheese (use suggested amount) and the plain flour in a medium bowl. Season with pepper, then sprinkle onto the prepared oven tray to form one round circle per person. Transfer to the oven

*TIP: If you don't have a stick blender, leave the soup as is (it's just as delicious when chunky).



SERVE UPDivide the Tuscan cannellini bean and vegetable soup between bowls. **Drizzle** with **olive oil**. Top with a Parmesan frico and serve with garlic bread and lemon wedges. .

Enjoy!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
leek	1	2
carrot	1	2
celery	1 stalk	2 stalks
rosemary	1 bunch	1 bunch
cannellini beans	1 tin (400 g)	2 tins (800 g)
butter*	60 g	120 g
bake-at-home ciabatta	1	2
vegetable stock	1 cube	2 cubes
boiling water*	2½ cups	5 cups
flaked Parmesan cheese	1½ packets (45 g)	3 packets (90 g)
plain flour*	2 tsp	1 tbs
lemon	1	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2770kJ (661Cal)	358kJ (86Cal)
Protein (g)	22.2g	2.9g
Fat, total (g)	34.8g	4.5g
- saturated (g)	21.5g	2.8g
Carbohydrate (g)	52.5g	6.8g
- sugars (g)	6.7g	0.9g
Sodium (g)	1440mg	186mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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