



Tuscan Cannellini Bean Veggie Soup

with Garlic Ciabatta & Parmesan Frico



Make Parmesan fricos



Garlic



Leek



Carrot



Celery



Rosemary



Cannellini Beans



Bake-At-Home Ciabatta



Vegetable Stock



Flaked Parmesan Cheese



Lemon

Hands-on: 30 mins
Ready in: 40 mins

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!

Pantry staples: Olive Oil, Butter, Plain Flour

BEFORE YOU 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)**.



1 GET PREPPED

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



2 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.



3 COOK THE SOUP

Heat the **remaining butter** and a **dash of olive oil** in a large saucepan over a medium-high 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.



4 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 and bake for **7-8 minutes**, or until golden and crisp.



5 BLEND THE SOUP

Using a stick blender, blend the soup in the saucepan until only small chunks remain. Taste and add a **pinch of salt**. **TIP:** *Salt helps to bring out the flavours in the soup.* Slice the **lemon** into wedges.

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



6 SERVE UP

Divide 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!

2 | 4 PEOPLE 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](https://www.hellofresh.com.au/foodinfo)

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