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## Rustic Italian 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

 nut free

 spicy

### Pantry Items



Olive Oil



Water



Garlic



Red 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	⊕
1	2	red 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	2210	Kj
Protein	28.4	g
Fat, total	12.1	g
-saturated	3.2	g
Carbohydrate	62.9	g
-sugars	16.2	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 grill to **200°C/180°C fan-forced**.

**2** Heat the **olive oil** in a large saucepan over a low heat. Add the **garlic, red 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?** The literal translation of 'ciabatta' is 'slipper' because of its shape, and we'd argue because of its warming comfort too!

