



# Loaded Green Veggie Soup & Herby Panini

with Basil Pesto & Parmesan Cheese

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

9



Leek



Green Beans



Celery



Parsley



Garlic



Garlic & Herb Seasoning



Cream



Vegetable Stock Powder



Baby Leaves



Basil Pesto



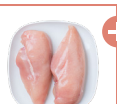
Wholemeal Panini



Grated Parmesan Cheese



Grated Parmesan Cheese



Chicken Breast

Prep in: 25-35 mins  
Ready in: 30-40 mins

Carb Smart

A steaming bowl of green soup is the perfect cure for whatever ails you! Packed with vibrant veggies and punchy flavours, this meal provides the key to a cosy night in. Tear into a toasty, garlicky panini and dunk it in for even more flavour and crunch!

### Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Large saucepan · Air fryer or wire oven rack

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
leek	1	2
green beans	1 small packet	1 medium packet
celery	1 stalk	2 stalks
parsley	1 packet	1 packet
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	2 cups	4 cups
baby leaves	1 small packet	1 medium packet
basil pesto	1 medium packet	1 large packet
wholemeal panini	1	2
grated Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2697kJ (645cal)	334kJ (80cal)
Protein (g)	16.1g	2g
Fat, total (g)	46.6g	5.8g
- saturated (g)	19.7g	2.4g
Carbohydrate (g)	36.4g	4.5g
- sugars (g)	11.3g	1.4g
Sodium (mg)	1312mg	162.6mg
Dietary Fibre (g)	6.4g	0.8g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Thinly slice **leek**. Trim **green beans** and slice into thirds.
- Finely chop **celery, parsley** and **garlic**.



## Finish the soup

- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **cream (see ingredients), vegetable stock powder** and the **water**, and bring to a simmer. Stir until slightly reduced, **4-5 minutes**.
- Remove pan from heat, add **baby leaves** and **basil pesto**, and stir to combine. Season with **salt** and **pepper**.

**TIP:** Add a splash more water if the soup looks too thick.



## Make the garlic oil

- In a microwave-safe bowl, add **garlic** and a generous drizzle of **olive oil**.
- Microwave in **10 second** bursts until melted. Stir through **parsley**, then season with **salt** and **pepper**.



## Make the herby panini

- While soup is simmering, cut **wholemeal panini** in half lengthways. Brush **garlic oil** over the cut-side of **ciabatta slices**.
- Set your air fryer to **200°C**.
- Place **panini** in air fryer basket and bake until heated through, **3-5 minutes**.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan-forced. Place panini directly on wire racks in the oven and bake until heated through, 5-8 minutes.



## Cook the veggies

- Heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Cook **celery, leek** and **green beans**, until tender, **4-5 minutes**.



## Serve up

- Divide loaded green veggie soup between bowls. Garnish with **grated Parmesan cheese**.
- Serve with herby panini. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



### CUSTOM OPTIONS

**+** **DOUBLE GRATED PARMESAN CHEESE**  
Follow method above.

**+** **ADD CHICKEN BREAST**  
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

