



Italian Beef & Risoni Soup

with Parmesan & Parsley

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit with this number

30



Garlic



Beef Chuck Roll



Soffritto Mix



Dried Oregano



Diced Tomatoes With Garlic & Onion



Chicken-Style Stock Powder



Risoni



Baby Leaves



Grated Parmesan Cheese



Parsley



Grated Parmesan Cheese



Diced Bacon

Prep in: 15-25 mins
Ready in: 4 hours - 4 hours 10 mins

A slow-cooker soup sounds like heaven to us, what about you? This hearty bowl of happiness starts with tender beef and soffritto, before tossing in tinned tomatoes, chicken stock and risoni. Flavour-packed and super-satiating, this soup is sure to become a winter-time staple!

Pantry items

Olive Oil, Plain Flour, Butter, Brown Sugar

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 frying pan · Slow Cooker or Ovenproof saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
beef chuck roll	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
soffritto mix	1 medium packet	1 large packet
dried oregano	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 packet	2 packets
water*	3 cups	6 cups
chicken-style stock powder	1 medium sachet	1 large sachet
risoni	1 medium packet	2 medium packets
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3202kJ (765cal)	274kJ (65cal)
Protein (g)	49.8g	4.3g
Fat, total (g)	23.3g	2g
- saturated (g)	10.2g	0.9g
Carbohydrate (g)	82.4g	7.1g
- sugars (g)	11.9g	1g
Sodium (mg)	1056mg	90.4mg
Dietary Fibre (g)	9.4g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



Get prepped

- Finely chop **garlic**. Cut **beef chuck** into 3cm chunks.
- In a medium bowl, combine **beef**, the **plain flour** and a generous pinch of **salt** and **pepper**.
- In a large frying pan, heat a generous drizzle of **olive oil** over high heat. Cook **diced beef** and **soffritto mix**, turning occasionally, until browned, **2-3 minutes**. Transfer to slow cooker.

TIP: The flour will char slightly in the pan, this adds to the flavour.



Finish the soup

- In the **last 30-35 minutes** of cook time, remove lid from slow-cooker, then add **risoni** and the **butter** and **brown sugar** to the soup. Stir to combine and return lid.
- When the soup is done, add **baby leaves** and a splash of **water**, stirring until wilted. Season to taste.

CUSTOM OPTIONS

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

+ **ADD DICED BACON**
When starting the soup, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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



Start the soup

- Add **garlic**, **dried oregano**, **diced tomatoes with garlic & onion**, the **water** and **chicken-style stock powder** to slow cooker. Set cooking temperature to high.
- Place lid on slow cooker and cook until beef is tender, **4-5 hours**

TIP: If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake until beef is tender, 90 minutes.



Serve up

- Divide Italian beef and risoni soup between bowls.
- Top with **grated Parmesan cheese** and tear over **parsley**. Enjoy!