



Creamy Mushroom & Spinach Soup

with Parmesan Cheese & Garlic Ciabatta

Grab your Meal Kit with this symbol



Potato



Onion



Garlic



Button Mushrooms



Baby Spinach Leaves



Herb & Mushroom Seasoning



Cream



Vegetable Stock Powder



Ciabatta



Grated Parmesan Cheese

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

It's getting a little chilly in here, quick grab a pan and let's make a soup that is bound to keep the cold at bay. Toss in some mushrooms and roasted potato, add a dash of cream and it's a silky and umami sensation. We're already feeling a lot more toasty!

Pantry items

Olive Oil, Butter, Plain Flour

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
button mushrooms	1 packet	1 packet
baby spinach leaves	1 medium bag	1 large bag
butter* (for the soup)	20g	40g
herb & mushroom seasoning	1 sachet	2 sachets
plain flour*	1 tsp	2 tsp
cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
water*	1½ cups	3 cups
ciabatta	1 packet	1 packet
butter* (for the ciabatta)	20g	40g
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3085kJ (737Cal)	683kJ (163Cal)
Protein (g)	19.1g	4.2g
Fat, total (g)	50.3g	11.1g
- saturated (g)	29.6g	6.6g
Carbohydrate (g)	51.1g	11.3g
- sugars (g)	11.1g	2.5g
Sodium (mg)	1321mg	293mg

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Finish the soup

- Add **cream** (see ingredients), **vegetable stock powder** and the **water** and bring to the boil.
- Reduce heat to medium and simmer, until slightly reduced, **5-7 minutes**.
- Remove from heat, then add the **roasted veggies** and **baby spinach**. Stir to combine. Season with **salt** and **pepper**.



Get prepped

- Finely chop **garlic**. Thinly slice **button mushrooms**. Roughly chop **baby spinach leaves**.



Toast the garlic ciabatta

- Meanwhile, cut **ciabatta** into slices.
- In a small heatproof bowl, combine the **butter (for the ciabatta)** and remaining **garlic**. Season and microwave in **10 second** bursts until melted.
- Spread **garlic butter** over cut sides of the **ciabatta**. Place **ciabatta** directly on oven wire racks and bake until heated through, **5 minutes**.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook the **butter (for the soup)** and **mushrooms** until softened, **5-7 minutes**.
- Add **herb & mushroom seasoning**, the **plain flour** and 1/2 the **garlic** and cook until fragrant, **1 minute**.



Serve up

- Divide creamy mushroom and spinach soup between bowls.
- Sprinkle with **grated Parmesan cheese**.
- Serve with garlic ciabatta. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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