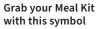


# Mediterranean Tomato & Cannellini Bean Soup with Kale & Cheesy Garlic Ciabatta

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Cavolo Nero





Chilli Flakes (Optional)



Garlic & Herb Seasoning

Cannellini Beans



**Chopped Tomatoes** 



Vegetable Stock



Ciabatta



**Grated Parmesan** Cheese

Hands-on: 25-35 mins Ready in: 35-45 mins Spicy (optional chilli flakes)



**Calorie Smart** 

#### 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

Two oven trays lined with baking paper  $\cdot$  Large pot or saucepan

#### Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
potato	1	2	
brown onion	1 (large)	2 (large)	
celery	1 stalk	2 stalks	
garlic	3 cloves	6 cloves	
thyme	1 bag	1 bag	
cavolo nero kale	1 bag	1 bag	
garlic & herb seasoning	1 sachet	1 sachet	
chilli flakes (optional)	pinch	pinch	
cannellini beans	1 tin	2 tins	
chopped tomatoes	1 tin	2 tins	
vegetable stock powder	1 large sachet	2 large sachets	
water*	1½ cups	3 cups	
ciabatta	1 packet	1 packet	
grated Parmesan cheese	1 packet (30g)	1 packet (60g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2278kJ (544Cal)	290kJ (69Cal)
Protein (g)	26.6g	3.4g
Fat, total (g)	7.5g	1g
- saturated (g)	3.1g	0.4g
Carbohydrate (g)	87.6g	11.2g
- sugars (g)	22.9g	2.9g
Sodium (mg)	2301mg	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.



## Get prepped

Preheat the oven to 220°C/200°C fan-forced. Cut the carrot and potato into bite-sized chunks. Cut the brown onion into wedges. Place the veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then bake until tender, 25-30 minutes. Meanwhile, finely chop the celery and garlic. Pick the thyme leaves. Roughly chop the cavolo nero kale.



#### Start the soup

In a large pot or saucepan, heat a drizzle of **olive oil** over a medium heat. Cook the **celery**, stirring occasionally, until slightly softened, **2-3 minutes**. Add the **garlic & herb seasoning**, a pinch of **chilli flakes** (if using), the **thyme** and 1/2 the **garlic**. Cook until fragrant, **1 minute**.



### Simmer the soup

Add the **cannellini beans** (including the liquid), **chopped tomatoes**, **vegetable stock powder** and the **water**. Bring to the boil, then reduce the heat to medium-low and simmer until slightly reduced, **10-15 minutes**.

**TIP:** Adding the bean soaking liquid helps to thicken the soup.



#### Bake cheesy ciabatta

While the soup is simmering, combine the remaining garlic and a drizzle of olive oil in a small bowl. Slice the ciabatta in half and place cut-side up on a second lined oven tray. Drizzle the garlic oil over the bread and sprinkle with the grated Parmesan cheese (reserve a pinch for garnish). Bake the ciabatta until the cheese is melted, 3-5 minutes.



### Finish the soup

Add the **roasted veggies** and **kale** to the **soup**, then cook, stirring, until the kale has softened, **2-3 minutes**. Season to taste.



#### Serve up

Divide the Mediterranean tomato and cannellini bean soup between bowls. Top with the reserved Parmesan cheese. Serve with the cheesy garlic ciabatta.

#### Enjoy!