



# Mediterranean Tomato & Cannellini Bean Soup

with Kale & Cheesy Garlic Ciabatta

Grab your Meal Kit with this symbol



Carrot



Potato



Brown Onion



Celery



Garlic



Thyme



Cavolo Nero Kale



Garlic & Herb Seasoning



Chilli Flakes (Optional)



Cannellini Beans



Chopped Tomatoes



Vegetable Stock Powder



Ciabatta



Grated Parmesan Cheese

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

Calorie Smart

Settle in for a cosy night with this hearty cannellini bean and tomato soup. Full of colourful veggies and classic Mediterranean flavours, the meal gets an extra boost with addictive cheesy ciabatta toast on the side.

### Pantry items

Olive Oil

## 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 · 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)

\*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](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

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**.



## 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**.



## 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**.



## 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.



## 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.



## 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!