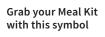


with Garlic Flatbreads

CLIMATE SUPERSTAR















Tortillas





Cannellini Beans

Garlic & Herb Seasoning





Nan's Special Seasoning

Chilli Flakes (Optional)





Vegetable Stock

Soffritto Mix



Plant-Based Cream



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: 20-30 mins Ready in: 25-35 mins

Calorie Smart



A soup is the favourite solution for a relaxing dinner experience and with only four steps it will on the table and in bellies in no time. Slurp up the rich creamy soup dotted with leek, courgette, cannellini beans and herby seasoning. The garlic flatbreads are a great way to ensure not a drop is missed.

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

Large saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
courgette	1	2
garlic	2 cloves	4 cloves
mini flour tortillas	6	12
cannellini beans	1 tin	2 tins
soffritto mix	1 packet (150g)	1 packet (300g)
garlic & herb seasoning	1 sachet	1 sachet
Nan's special seasoning	1 sachet	1 sachet
plant-based cream	1 packet (250g)	2 packets (500g)
chilli flakes ∮ (optional)	pinch	pinch
vegetable stock powder	1 medium sachet	1 large sachet
water*	1¼ cups	2½ cups
*Pantry Items		

Nutrition

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Avg Qty	Per Serving	Per 100g	
Energy (kJ)	2678kJ (640Cal)	515kJ (123Cal)	
Protein (g)	23.2g	4.5g	
Fat, total (g)	24.1g	4.6g	
- saturated (g)	5.8g	1.1g	
Carbohydrate (g)	72.3g	13.9g	
- sugars (g)	14.2g	2.7g	
Sodium (mg)	1956mg	376mg	

The quantities provided above are averages only.

Allergens

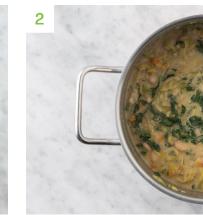
Always read product labels for the most up-to-date allergen information.

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 oven to 220°C/200°C fan-forced.
- Thinly slice leek. Thinly slice courgette into half-moons. Finely chop garlic. Slice mini flour tortillas into quarters.
- Drain and rinse cannellini beans.



Cook the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook soffritto mix and leek, stirring occasionally, until softened, 4-5 minutes.
- Add courgette, cannellini beans, garlic & herb seasoning and Nan's **special seasoning** and cook until fragrant, **1 minute**.
- Add plant-based cream, chilli flakes (if using), vegetable stock powder and the water and simmer until slightly thickened, 2-3 minutes.
- · Season with pepper.



Make the garlic flatbreads

- Meanwhile, combine garlic, olive oil (1/4 cup for 2 people / 1/2 cup for 4 people) and a pinch of salt and pepper in a small bowl.
- Spread mini flour tortillas out evenly on a lined oven tray (don't worry if they overlap) and brush or spread with some garlic oil.
- Bake until golden, 10-12 minutes.

TIP: If your tray is crowded, toss the tortillas halfway through baking.



Serve up

- Divide creamy cannellini bean soup between bowls.
- Serve with garlic flatbreads. Enjoy!



