



Plant-Based Creamy Cannellini Bean Soup

with Garlic Flatbreads

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Courgette



Garlic



Mini Flour Tortillas



Cannellini Beans



Garlic & Herb Seasoning



Nan's Special Seasoning



Chilli Flakes (Optional)



Vegetable Stock Powder



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

Plant Based

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

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**.



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.



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**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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