



Roast Veggie & Bean Ribollita

with Plant-Based Pesto & Garlic Ciabatta

Grab your Meal Kit with this symbol



Brown Onion



Celery



Carrot



Silverbeet



Cannellini Beans



Thyme



Peeled & Chopped Pumpkin



Garlic Paste



Chopped Tomatoes



Italian Herbs



Vegetable Stock Powder



Ciabatta



Plant-Based Basil Pesto

Hands-on: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Plant Based

This hearty plant-based veggie soup that's hailed from Tuscany is just what the doctor ordered. With tender cannellini beans, a finishing of basil pesto and crusty ciabatta, this is the type of recipe that'll soon become a dinnertime staple.

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

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 · Deep frying pan or medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
celery	1	2
carrot	1	2
silverbeet	1 packet	1 packet
cannellini beans	½ tin	1 tin
thyme	1 bag	1 bag
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic paste	1 packet	1 packet
chopped tomatoes	1 tin	2 tins
Italian herbs	1 sachet	1 sachet
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
water*	1 cup	2 cups
ciabatta	1 packet	1 packet
plant-based butter*	30g	60g
plant-based basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2611kJ (624Cal)	371kJ (88Cal)
Protein (g)	18.8g	2.7g
Fat, total (g)	28.7g	4.1g
- saturated (g)	9.9g	1.4g
Carbohydrate (g)	68.6g	9.8g
- sugars (g)	20.1g	2.9g
Sodium (mg)	2308mg	328mg

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 **240°C/220°C fan-forced**. Finely chop the **brown onion** and **celery**. Cut the **carrot** into bite-sized chunks. Roughly chop the **silverbeet**. Drain and rinse the **cannellini beans** (see ingredients). Finely chop the **thyme**.



Toast the ciabatta

While the ribollita is simmering, slice the **ciabatta** in half lengthways. In a small heatproof bowl, place the **plant-based butter** and the remaining **garlic paste**, then microwave in **10 second** bursts, until melted. Season with **salt**. Brush the **garlic butter** over the cut sides of the ciabatta pieces, then bake the **ciabatta** directly on the wire oven rack until golden, **5 minutes**.



Roast the veggies

Place the **peeled & chopped pumpkin** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



Finish the ribollita

Add the **roasted veggies** and **silverbeet** to the **ribollita** and cook until wilted, **2-3 minutes**. Season to taste.



Start the ribollita

When the veggies have **15 minutes** cook time remaining, heat a deep frying pan or medium saucepan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **celery** until softened, **3-4 minutes**. Add 1/2 the **garlic paste** and cook until fragrant, **1 minute**. Add the **cannellini beans**, **chopped tomatoes**, **thyme**, **Italian herbs**, **vegetable stock powder**, the **brown sugar** and the **water**. Bring to the boil, then reduce to a simmer, **5-6 minutes**.

TIP: Add a splash more water if the ribollita looks too thick.



Serve up

Divide the roast veggie ribollita between bowls. Spoon over the **plant-based basil pesto**. Serve with the garlic ciabatta.

Enjoy!