

Roast Veggie & Cannellini Bean Ribollita

with Plant-Based Pesto & Garlic Ciabatta

Grab your Meal Kit with this symbol



Onion



Celery



Carrot



Silverbeet



Cannellini Beans



Herbs



Peeled Pumpkin Pieces



Herb & Mushroom Seasoning



Garlic Paste



Chopped Tomatoes



Vegetable Stock Pot



Ciabatta



Plant-Based Basil Pesto

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

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 dinner time 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
onion	1 (medium)	1 (large)
celery	1 stalk	2 stalks
carrot	1	2
silverbeet	1 bag	1 bag
cannellini beans	½ tin	1 tin
herbs	1 bag	1 bag
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
herb & mushroom seasoning	1 sachet	2 sachets
garlic paste	1 packet	1 packet
chopped tomatoes	1 tin	2 tins
vegetable stock pot	1 medium packet	1 large packet
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)	2670kJ (638Cal)	375kJ (89Cal)
Protein (g)	19.2g	2.7g
Fat, total (g)	29.3g	4.1g
- saturated (g)	10g	1.4g
Carbohydrate (g)	70.7g	9.9g
- sugars (g)	22g	3.1g
Sodium (mg)	2438mg	342mg

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



Toast the ciabatta

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



Roast the veggies

Place **peeled pumpkin pieces** and **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.



Finish the ribollita

Add **roasted veggies** and **silverbeet** to the **ribollita** and cook until wilted **2-3 minutes**. Stir through **plant-based basil pesto** and season to taste.



Start the ribollita

When the veggies have **15 minutes** cook time remaining, heat a deep frying pan or medium saucepan over medium-high heat with a drizzle of **olive oil**. Cook **onion** and **celery** until softened, **3-4 minutes**. Add 1/2 the **garlic paste**, **herb & mushroom seasoning** and **herbs**. Add **cannellini beans**, **chopped tomatoes**, **vegetable stock pot**, 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 roast veggie and cannellini bean ribollita between bowls. Serve with garlic ciabatta.

Enjoy!