



# Roast Veggie Ribollita

with Plant-Based Pesto & Garlic Ciabatta

Grab your Meal Kit with this symbol



Brown Onion



Celery



Carrot



Silverbeet



Cannellini Beans



Peeled & Chopped Pumpkin



Garlic Paste



Chopped Tomatoes



Garlic & Herb Seasoning



Italian Herbs



Vegetable Stock Powder



Ciabatta



Plant-Based Basil Pesto

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

Plant Based

Calorie Smart

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

Deep frying pan or large saucepan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
celery	1 stalk	2 stalks
carrot	1	2
silverbeet	1 packet	1 packet
cannellini beans	½ tin	1 tin
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic paste	1 packet	1 packet
chopped tomatoes	1 tin	2 tins
garlic & herb seasoning	1 sachet	1 sachet
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	1
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)	2108kJ (504Cal)	303kJ (72Cal)
Protein (g)	15.1g	2.2g
Fat, total (g)	15.3g	2.2g
- saturated (g)	8.7g	1.3g
Carbohydrate (g)	72.5g	10.4g
- sugars (g)	22g	3.2g
Sodium (mg)	2273mg	327mg

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 **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).



## Bake the garlic ciabatta

While the ribollita is simmering, slice the **ciabatta** in half lengthways. Place the **plant-based butter** and remaining **garlic paste** in a small bowl and microwave in **10 second** bursts, until melted. Season with **salt** and stir to combine. Brush the **garlic butter** over the cut sides of the ciabatta and place directly onto the wire rack of the oven. Bake 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. 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 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**, **garlic & herb seasoning**, **Italian herbs**, **vegetable stock powder**, **brown sugar** and the **water**. Bring to the boil, then reduce the heat to a simmer, **5-6 minutes**.



## Serve up

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

## Enjoy!