



Chickpea and Spinach Ribollita

with Cheesy Garlic Ciabatta Fingers

Calorie Smart 25-30 Minutes • 2 of your 5 a day • Under 650 Calories • Veggie

23



Carrot



Garlic Clove



Sliced Mushrooms



Finely Chopped
Tomatoes with
Onion and Garlic



Chickpeas



Vegetable Stock
Paste



Italian Style Herbs



Grated Hard Italian
Style Cheese



Ciabatta



Baby Spinach



Fresh Pesto

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Garlic Clove**	2	3	4
Sliced Mushrooms**	80g	120g	160g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chickpeas	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste (10)	10g	15g	20g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** (7) (8)	40g	65g	80g
Ciabatta (13)	2	3	4
Baby Spinach**	100g	150g	200g
Fresh Pesto** (7)	32g	50g	64g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	591g	100g
Energy (kJ/kcal)	2590 /619	438 /105
Fat (g)	23.4	4.0
Sat. Fat (g)	6.6	1.1
Carbohydrate (g)	74.1	12.5
Sugars (g)	16.9	2.9
Protein (g)	25.4	4.3
Salt (g)	5.02	0.85

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 8) Egg 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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1



Get Prepping

Trim the **carrot** (no need to peel), then quarter lengthways. Chop widthways into small pieces.

Peel and grate the **garlic** (or use a garlic press).

2



Fry the Veg

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once the **oil** is hot, add the **carrot** and **sliced mushrooms**. Cook, stirring frequently, until softened, 3-4 mins.

Add **half** the **garlic** and stir-fry until fragrant, 1 min. Meanwhile, preheat your grill to high.

3



Simmer your Ribollita

Once the **veg** has softened, add the **chopped tomatoes**, **chickpeas** (including the **water** from the carton), **veg stock paste**, **Italian style herbs**, **sugar** and **water for the sauce** (see ingredients for both amounts).

Bring to the boil, then lower the heat and simmer until slightly thickened, 10-12 mins, stirring occasionally.

4



Ciabatta Time

While the **stew** simmers, mix together the **olive oil for the garlic bread** (see ingredients for amount), remaining **garlic** and **half** the **cheese** in a small bowl.

Halve the **ciabatta** and lay them onto a baking tray, cut-side up. Spread the **cheesy mixture** on top.

When about 5 mins of simmer time remain, grill the **ciabatta** until the **cheese** is golden, 5-6 mins.

5



Finish Up

Once thickened, stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 1-2 mins.

Stir through the **fresh pesto**, then remove from the heat.

Taste and add **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.

6



Slice and Serve

When ready, cut each **cheesy ciabatta** into 4 fingers.

Share the **ribollita stew** between your bowls and sprinkle over the remaining **cheese**.

Serve with the **ciabatta fingers** alongside for dipping.

Enjoy!

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