



VEGGIE PACKED ITALIAN SOUP

with Rocket and Salsa Verde



NUTRITIONIST APPROVED

HELLOXXX

xxx



Cauliflower Florets



Red Onion



Garlic Clove



Carrot



Vegetable Stock Powder



Chopped Cavolo Nero



Cannellini Beans



Tomato Purée



Basil



Hazelnuts



Yellow Pepper



Vine Tomato



Rocket



Ground Coriander

MEAL BAG

35 mins

5 of your 5 a day

Veggie

Balanced

Under 550 calories

Low in sugar



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a some **Baking Paper, Baking Tray, Fine Grater** (or **Garlic Press**), **Sieve, Large Saucepan, Measuring Jug** and **Ladle**. Now, let's get cooking!



1 ROAST THE CAULI!

Preheat your oven to 200°C. Pop the **cauliflower florets** on a lined baking tray and drizzle on a splash of **oil**. Season with **salt** and **pepper**. Roast on the top shelf of your oven until soft and charred at the edges, 20-25 mins.



2 PREP TIME

Meanwhile, halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **cannellini beans**.



3 START THE SOUP

Heat a splash of **oil** in large, deep saucepan on medium heat. When hot, add the **onion, carrot** and **pepper**. Cook until beginning to soften, 4-5 mins then add the **garlic, tomato purée, ground coriander** and **Italian style herbs**. Stir and cook for 1 minute before adding the **water** (see ingredients for amount) and the **stock powder**. Bring to a boil, then reduce the heat to low and simmer for 10 mins.



4 PESTO TIME

Roughly chop the **basil** (stalks and all) and **half the rocket**. Pop the **basil, chopped rocket** and **hazelnuts** in a small bowl and use the end of a rolling pin to roughly mash them together. **TIP:** Use a pestle and mortar if you have one! Stir in the **olive oil** (see ingredients for amount), you should have a rough, thick paste. Season to taste with a little **salt** and **pepper**. Chop the **vine tomato** into small pieces.



5 FINISH THE SOUP

Add the **cannellini beans** and **cavolo nero** to the **soup** and simmer until the **cavolo nero** has softened, 5 mins. Season the **soup** to taste with **salt** and **pepper** and just before serving, stir in the **chopped vine tomato**.



6 SERVE

Ladle the **soup** into deep bowls and spoon small amounts of the **pesto** on top for stirring in. Top with the **cauliflower florets**. Finish with the remaining **rocket**. **Buono appetito!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Cauliflower Florets *	300g	450g	600g
Red Onion *	1	1	2
Garlic Clove *	1	2	2
Carrot *	1	2	2
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Chopped Cavolo Nero *	1 small bag	1 medium bag	1 large bag
Cannellini Beans	1 carton	1½ cartons	2 cartons
Tomato Purée	1 sachet	1½ sachets	2 sachets
Basil	1 bunch	1 bunch	1 bunch
Hazelnuts 2)	1 small bag	1 small bag	2 small bags
Yellow Pepper *	1	1	2
Vine Tomato *	2	3	4
Rocket *	1 bag	1 bag	2 bags
Ground Coriander	½ small pot	¾ small pot	1 small pot

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 617G	PER 100G
Energy (kJ/kcal)	1362 / 326	221 / 53
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	32	5
Sugars (g)	17	3
Protein (g)	15	2
Salt (g)	1.62	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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