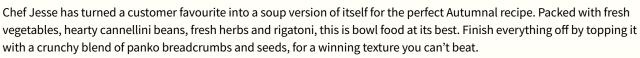


Warming Rigatoni & Bean Soup

with Honeyed Sweet Potato, Pumpkin Seed Crumb and Kale







HELLO CANNELLINI BEANS

Cannellini beans originate from Peru and are commonly known as white kidney beans.









Rosemary



Cannellini Beans



Diced Sweet Potato







Tomato Purée



Rigatoni

Chopped Tomatoes



Vegetable Stock Powder





Panko Breadcrumbs



Pumpkin Seeds





Lemon





40 mins

4 of your

5 a day

BEFORE YOU START

Our fruit and veggies need a little wash before you use them! Make sure you've got two Large Saucepans, a Fine Grater, Sieve, Mixing Bowl, some Baking Paper, a Baking Tray, Colander, Measuring Jug and Small Frying Pan. Now, let's get cooking!



PREP THE VEGGIES

Preheat your oven to 200°C and put a large saucepan of water with a pinch of salt on to boil for the pasta. Halve, peel and chop the **onion** into small pieces. Peel and grate the garlic (or use a garlic press). Pick the rosemary leaves from their stalks and roughly chop (discard the stalks). Drain and rinse the cannellini beans in a sieve.



ROAST THE POTATO

Place the diced sweet potato into a mixing bowl and add the **honey** and a drizzle of oil. Season with salt and pepper and toss to coat. Spread onto a lined baking tray and roast, turning halfway through cooking, 15-20 mins. \star TIP: The potato is cooked when you can easily slip a knife through. If cooked before the rest of the **soup**, remove from the oven and place to one side. Don't worry, it will wait!



GET STARTED

Add the **rigatoni** to the pan of boiling water and cook until al dente, around 11 mins. **★TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Drain in a colander, drizzle with a little oil, and set aside. While the pasta is cooking, heat a drizzle of oil in another large saucepan on medium heat and add the onion. Cook until soft and starting to colour, stirring occasionally, 6-7 mins.



SIMMER THE SOUP

Once the **onion** is soft, add the **garlic** and **rosemary**. Cook for one minute. Add the beans, tomato purée, chopped tomatoes, stock powder and water (see ingredients for amount). Stir to dissolve the stock powder and bring to the boil, then reduce the heat. Simmer for 10 mins, then stir in the cooked rigatoni and the kale. Gently cook until the kale has softened, 3-5 mins. Stir in the sweet **potato** and warm through, 1 minute more.



MAKE THE CRUMB

Meanwhile, heat a drizzle of **oil** in a small frying pan on medium heat. When hot, add the panko breadcrumbs, stir regularly until they turn golden brown, 3-4 mins. Remove from the heat and transfer to a bowl. Roughly chop the pumpkin seeds and parsley (stalks and all). Zest the **lemon**. Mix the **pumpkin seeds**, half the parsley and the lemon zest into the panko breadcrumbs, along with a good pinch of salt and plenty of pepper. Set aside.



FINISH AND SERVE

Stir the remaining parsley into the soup and season to taste with salt and pepper. Serve in bowls with a large handful of the **crumb mixture** on top. **Enjoy!**



ALLERGENS 10) Celery 13) Gluten

Onion

Honey

Rigatoni 13)

Powder 10)

Water*

Lemon

Fat (g)

Sat. Fat (g)

Sugars (g)

Protein (g)

Salt (g)

Kale

Tomato Purée

Garlic Clove

Cannellini Beans

Diced Sweet Potato

Chopped Tomatoes

Panko Breadcrumbs

Pumpkin Seeds

Flat Leaf Parsley

*Not Included

NUTRITION PER

Energy (kcal) (kJ)

Carbohydrate (g)

UNCOOKED INGREDIENT

Vegetable Stock

Rosemary

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.

Nutrition for uncooked ingredients based on 2 person recipe.

INGREDIENTS

1

1 sprig

1 carton

1 small

bag

160g

1 small

bag

1 pot

11/2

2

2 sprigs

1 medium

bag

1 sachet 11/2 sachets 2 sachets

240g

½ sachet: ¾ sachet: 1 sachet

1 carton: 1½ cartons: 2 cartons

1 sachet: 1½ sachets: 2 sachets

¾ large

bag

1½ pots

1 sachet: 11/2 sachets: 2 sachets

½ bunch: ¾ bunch: 1 bunch

PER SERVING

955G

719

3008

7

1

131

25

29

1.97

1½ cartons 2 cartons

2

2

2 sprigs

1 large

bag

320g

900ml

1 large

bag

2 pots

1

PER

100G

75

315

1

1

14

3

3

0.21

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:















Packed in the UK



This bowl looks amazing! Great job. Why not share a #HelloFreshSnap with your friends and family?