



More than Food

hellofresh.com | hello@hellofresh.com



DEC 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

Tuscan Ribollita

with Kale, Italian Sausage, and Parmesan Croutons

Our take on the beloved ribollita is ideal for this time of year. Sweet Italian sausage adds intense flavor to the dish, but our favorite addition is the cheesy croutons—perfect for soaking up all that yummy broth!



Ciabatta



Sweet Italian Sausage



Carrot



Red Onion



Garlic



Tuscan Kale



Diced Tomatoes



Cannellini Beans



Parmesan Cheese, shredded



Chili Flakes



Chicken Stock Concentrate

Ingredients

	2 People	4 People
Ciabatta	1) 2)	1 2
Sweet Italian Sausage	9 oz	18 oz
Carrot	1	2
Red Onion	1	2
Garlic	2 cloves	4 cloves
Tuscan Kale	4 oz	8 oz
Diced Tomatoes	1 can	2 cans
Cannellini Beans	1 can	2 cans
Parmesan Cheese, shredded	3)	¼ C ½ C
Chili Flakes 🌶️	1 t	2 t
Chicken Stock Concentrate	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Soy
- 2) Wheat
- 3) Milk

Tools

Baking Sheet, Large Pot, Large Pan, Strainer, Zester, Peeler

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 938 cal | Carbs: 92 g | Fat: 42 g | Protein: 45 g | Fiber: 18 g | Sodium: 1910 mg

Make sure to wash and dry produce before prepping or cooking!

1



1 Prep the ingredients: Preheat the oven to 400 degrees. Halve, peel, and finely chop the **onion**. Peel and finely chop the **carrot**. Mince or grate the **garlic**. Remove and discard the ribs and stems from the **kale**, then coarsely chop the leaves. Drain and rinse the **cannellini beans**. Remove the **sausage** from the casings.

2



2 Start the ribollita: Heat a drizzle of **oil** in a large pot over medium-low heat. Add the **onion, carrot, garlic**, and ¼ **teaspoon chili flakes** (or less, to taste) to the pot. Season with **salt** and **pepper**. Cook, tossing occasionally, for 5-6 minutes, until the veggies have softened. Add the **sausage** and cook, breaking up the meat into pieces, until browned, for 3-4 minutes.

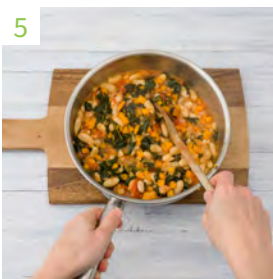
4



3 Add the **diced tomatoes, cannellini beans, stock concentrate**, and **3 cups water** to the pot. Bring to a boil, then reduce to a simmer for 10 minutes. Season with **salt** and **pepper**.

4 Prepare the Parmesan croutons: Halve the **ciabatta** horizontally. Drizzle each side with **olive oil** and sprinkle with the **Parmesan cheese**. Place the **ciabatta** on a baking sheet and transfer to the oven for about 5 minutes, or until bread is toasted and cheese has melted.

5



5 Finish the ribollita: Add the **kale** to the pot and cook, covered, until the kale has wilted, for about 3 minutes. Taste and season with **salt** and **pepper**, if necessary.

6 Plate: Cut the **Parmesan croutons** into cubes. Ladle the ribollita into bowls and top with the **croutons** so they soak up all the yummy broth! Enjoy!