



More than Food

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Tortellini en Brodo

with Shredded Brussels Sprouts, Kale, and Parmesan

“En brodo” means “in broth” in Italian. The flavor for this broth comes from Parmesan—it lends a deliciously nutty backbone to the soup. Brussels sprouts and kale give this dish a seasonal spin.



30 min



level 1



veggie



nut free



Cheese Tortellini



Vegetable Stock Concentrate



Brussels Sprouts



Kale



Parmesan



Onion



Garlic

Ingredients

		2 People	4 People
Cheese Tortellini	1) 2) 3)	9 oz	18 oz
Vegetable Stock Concentrate		1	2
Brussels Sprouts		8 oz	16 oz
Kale		4 oz	8 oz
Parmesan	1)	2 oz	4 oz
Onion		1	2
Garlic		2 cloves	4 cloves
Olive Oil*		1 t	2 t

*Not Included

Allergens

- 1) Milk
- 2) Wheat
- 3) Eggs

Tools

Large Pot

Ruler

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Nutrition per person Calories: 610 cal | Fat: 24 g | Sat. Fat: 14 g | Protein: 36 g | Carbs: 72 g | Sugar: 6 g | Sodium: 1164 mg | Fiber: 7 g

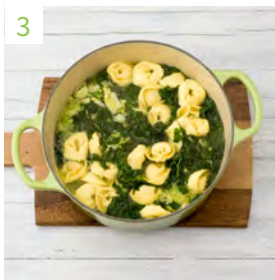
Make sure to wash and dry produce before prepping or cooking!



1 **Prep the ingredients:** Trim, halve, and thinly slice the **Brussels sprouts** into shreds. Remove the ribs and stems from the **kale**, then thinly slice the leaves. Mince or grate the **garlic**. Halve, peel, and finely dice the **onion**.



2 Heat a drizzle of **oil** in a large pot over medium heat. Add the **onion** to the pot and cook, tossing, for 4-5 minutes, until softened. Add the **Brussels sprouts** and **garlic** to the pot and cook, tossing, for another 4-5 minutes, until soft and slightly caramelized.



3 Add **5 cups water** and the **stock concentrates** to the pot. Bring to a boil, then add the **kale** and **tortellini** to the pot. Cook for 4-5 minutes, until the tortellini and the kale are tender.



4 Stir **half the Parmesan** into the soup. Taste and season with **salt** and **pepper**.

5 Serve the **soup** divided between bowls, sprinkled with the **remaining Parmesan cheese**. Enjoy!