



ONE-POT CHICKPEA, KALE & TOMATO SOUP

with Couscous, Parmesan & Garlic Ciabatta

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Onion



3 oz | 6 oz
Carrot



1 Clove | 2 Cloves
Garlic



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



4 oz | 4 oz
Kale



1 TBSP | 2 TBSP
Tuscan Heat
Spice



1 | 2
Chickpeas



13.76 oz | 27.52 oz
Crushed Tomatoes



1 | 2
Veggie Stock
Concentrate



1 | 2
Mushroom Stock
Concentrate



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 | 2
Ciabatta
Contains: Soy, Wheat



1 tsp | 1 tsp
Garlic Powder



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Breast
Strips

Calories: 1110



10 oz | 20 oz
Ground Turkey

Calories: 1150



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 890



HELLO

TUSCAN HEAT SPICE

Our blend of Italian-style herbs packs a bit of peppery heat.

BUTTER BELIEVE IT

This compound butter is made with garlic powder, but you can also try variations for other meals. Lemon zest + parsley or honey + cinnamon, and more!

BUST OUT

- Peeler
- Small bowl
- Large pot
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Wash and dry produce.
- Trim, peel, and dice **carrot** into ½-inch pieces. Halve, peel, and dice **half the onion (whole onion for 4 servings)**. Peel and mince **garlic**. Remove and discard any large stems from **kale**.

- 🍳 Pat **chicken*** dry with paper towels.
- 🍳 Heat a **large drizzle of oil** in a large pot over medium-high heat. Add chicken or **turkey*** and season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pot.



4 FINISH SOUP

- Once carrot is just softened, stir in **couscous** and **kale**. Cover pot and cook until couscous is tender and kale is wilted, 7-9 minutes.
- Uncover and stir in **half the Parmesan (save the rest for serving)**. Taste and season generously with **salt** and **pepper**. Turn off heat.

- 🍳 Stir **chicken** or **turkey** into **soup** along with **couscous**.



2 COOK VEGGIES

- Heat a **large drizzle of olive oil** in a large pot over medium-high heat. Add **carrot** and **diced onion**; cook, stirring occasionally, until softened, 5-6 minutes.
- Add a **drizzle of olive oil**, then stir in **garlic**, **Tuscan Heat Spice**, and **half the garlic powder (you'll use the rest later)**; cook until fragrant, 30 seconds.

- 🍳 Use pot used for chicken or turkey here.



5 MAKE GARLIC CIABATTA

- Meanwhile, halve **ciabatta**.
- Place **2 TBSP butter (4 TBSP for 4 servings)** in a small microwave-safe bowl; microwave until softened, 10-15 seconds. Stir in **remaining garlic powder** and season with **salt** and **pepper**.
- Toast ciabatta, then spread cut sides with **garlic butter**. Halve each piece on a diagonal.



3 START SOUP

- Stir **chickpeas and their liquid**, **crushed tomatoes**, **veggie stock concentrate**, **mushroom stock concentrate**, **3½ cups water (7 cups for 4 servings)**, and a **big pinch of salt** into pot with **veggies**.
- Bring to a boil, then reduce to a low simmer; cook, uncovered, until carrot is just softened, 13-15 minutes.



6 SERVE

- Divide **soup** between bowls. Sprinkle with **remaining Parmesan** and serve with **garlic ciabatta** on the side.

🍳 *Chicken is fully cooked when internal temperature reaches 165°.

🍳 *Ground Turkey is fully cooked when internal temperature reaches 165°.