



# CHEESY KALE, CANNELLINI & MUSHROOM SOUP

with Pearl Pasta & Chili Flakes

## INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz  
Button Mushrooms



2 Cloves | 4 Cloves  
Garlic



4 oz | 8 oz  
Kale



3 | 6  
Veggie Stock  
Concentrates



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 | 2  
Cannellini Beans



½ Cup | 1 Cup  
Italian Cheese  
Blend  
Contains: Milk



1 tsp | 2 tsp  
Chili Flakes



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  
Chopped Chicken  
Breast

Calories: 790



9 oz | 18 oz  
Italian Chicken  
Sausage Mix

Calories: 890



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 600





HELLO

## ISRAELI COUSCOUS

These tiny pasta pearls become pleasantly chewy when simmered in soup.

## FOND OF FOND

When stirring the stock concentrates and water into your soup in Step 3, be sure to scrape up the browned bits from the bottom of the pot—those unassuming specks (aka *fond*) are full of rich, concentrated flavor.

## BUST OUT

- Large pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)  
(1 tsp | 1 tsp) 🇺🇸 🇨🇦
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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## 1 START PREP

- Wash and dry produce.
- Trim and quarter mushrooms (skip if your mushrooms are pre-sliced!).
- 🇺🇸 Open package of chicken\* and drain off any excess liquid.
- 🇨🇦 Heat a drizzle of oil in a large pot over medium-high heat. Add chicken or sausage\*; cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pot.



## 3 FINISH SOUP

- Stir 1 TBSP butter (2 TBSP for 4 servings) and garlic into pot with mushrooms; cook, stirring constantly, until fragrant, 30 seconds.
- Stir in kale, stock concentrates, couscous, beans and their liquid, and 2 cups water (4 cups for 4). Bring to a boil, then reduce to a low simmer. Cook, stirring occasionally, until kale is wilted and flavors meld, 6-8 minutes.
- Taste and season with salt and pepper if desired.

- 🇺🇸 Once kale is wilted and flavors meld, add chicken or
- 🇨🇦 sausage to soup.



## 2 START SOUP & FINISH PREP

- Heat a drizzle of oil in a large pot over medium heat. Add mushrooms and cook, stirring occasionally, until browned, 5 minutes. Season with salt and pepper.
- While mushrooms cook, peel and mince or grate garlic. Remove and discard any large stems from kale; chop into bite-size pieces if necessary.
- 🇺🇸 Use pot used for chicken or sausage here.
- 🇨🇦



## 4 SERVE

- Divide soup between bowls and top with Italian cheese blend. Sprinkle with as many chili flakes as you like. Serve.

🇺🇸 \*Chicken is fully cooked when internal temperature reaches 165°.

🇨🇦 \*Chicken Sausage is fully cooked when internal temperature reaches 165°.