



CHICKEN SAUSAGE & FARRO SOUP

with Herb Butter Toasts

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



1 | 1
Onion



1 | 2
Tomato



1 TBSP | 1 TBSP
Italian Seasoning



9 oz | 18 oz
Italian Chicken Sausage Mix



1 | 2
Tomato Paste



3/4 Cup | 1 1/2 Cups
Farro
Contains: Wheat



3 | 6
Chicken Stock Concentrates



1 | 2
Ciabatta
Contains: Soy, Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 Clove | 2 Cloves
Garlic



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

HELLO

FARRO

A nutrient-rich ancient grain that's satisfyingly chewy in texture and nutty in flavor. It's also low in both total fat and saturated fat.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 960



FOND OF FOND

When stirring the stock concentrates and water into your soup in step 4, be sure to simultaneously scrape up any browned bits from the bottom of the pot. This process is known as deglazing, and those unassuming specks (aka "fond") are full of rich, concentrated flavor. This easy trick adds so much savory depth to your finished product.

BUST OUT

- Peeler
- Medium pot
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (**1 TBSP** | **1 TBSP**)
- Butter (**1½ TBSP** | **3 TBSP**)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663
HelloFresh.com

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



1 PREP

- **Wash and dry produce.**
- Trim, peel, and finely chop **carrot**. Halve, peel, and finely chop **half the onion** (use the rest however you like). Finely chop **tomato**. Peel and mince **garlic**.



4 SIMMER SOUP

- Stir **garlic** and **1 tsp Italian Seasoning** (2 tsp for 4 servings) into pot. (Be sure to measure the Italian Seasoning; we sent more.) Cook until fragrant, 30 seconds.
- Stir in **chopped tomato** and **tomato paste**. Cook, stirring, until combined, 1 minute.
- Stir in **stock concentrates**, **½ cup farro** (1 cup for 4), **3 cups water** (5½ cups for 4), and a **few big pinches of salt**. (Be sure to measure the farro; we sent more.) Cover and bring to a boil, then reduce heat to medium low.
- Simmer for 10 minutes, then uncover. Continue simmering until farro is tender, 5 minutes more.



2 MAKE HERB BUTTER

- Place **1½ TBSP butter** (3 TBSP for 4 servings) in a small microwave-safe bowl. Microwave until just softened, 10 seconds (do not melt). Stir in **¼ tsp Italian Seasoning** (½ tsp for 4). (You'll use more Italian Seasoning later.) Season with **salt** and **pepper**.



5 MAKE TOASTS

- While soup simmers, halve **ciabatta**.
- Toast until golden. Spread cut sides with **herb butter**, then halve on a diagonal.



3 COOK SAUSAGE & VEGGIES

- Heat a **drizzle of olive oil** in a medium pot over medium-high heat. Add **sausage*** and cook, breaking up meat into pieces, until browned and cooked through, 5 minutes.
- Add a **large drizzle of olive oil**, **carrot**, **chopped onion**, and a **big pinch of salt**. Cook, stirring occasionally, until veggies are slightly softened, 5 minutes.



6 FINISH & SERVE

- Stir **half the Parmesan** into **soup**. Season with **salt** and **pepper** to taste.
- Divide soup between bowls and garnish with remaining Parmesan. Serve with **toasts** on the side.