



ITALIAN MEATBALL SOUP

with Orzo, Kale, and Carrot



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic Italian-style herbs also packs a pinch of peppery hot pizzazz.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 860



Carrot



Garlic



Ground Pork



Tuscan Heat Spice



Orzo Pasta
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)



Yellow Onion



Kale



Panko Breadcrumbs
(Contains: Wheat)



Chicken Stock Concentrates



Demi-Baguette
(Contains: Wheat)

START STRONG

Splash a little water on your hands before shaping the meatballs in step 3. This will keep the mixture sticking to itself and not to your fingers.

BUST OUT

- Peeler
- Baking sheet
- Large pot
- Medium bowl
- Small bowl
- Olive oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Carrot 1 | 2
- Yellow Onion ½ | 1
- Garlic 2 Cloves | 4 Cloves
- Kale 4 oz | 8 oz
- Ground Pork 10 oz | 20 oz
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Chicken Stock Concentrates 2 | 4
- Orzo Pasta ⅓ Cup | ⅔ Cup
- Demi-Baguette 1 | 2
- Parmesan Cheese ¼ Cup | ½ Cup

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREHEAT AND PREP

Wash and dry all produce. Adjust oven rack to top position and preheat broiler to high. Trim and peel **carrot**, then cut into ½-inch pieces. Halve **onion**; peel and dice one half (save the other for another use). Mince **garlic**. Remove any large ribs from **kale**. Chop or tear leaves into 1-inch pieces.



4 SIMMER SOUP

Stir remaining **Tuscan heat spice** into pot with **veggies**. Cook, stirring, until fragrant, about 30 seconds. Stir in **kale, stock concentrates, 3 cups hot water**, and a few big pinches of **salt**. Cover pot, increase heat to high, and bring soup to a boil. Once boiling, remove lid. Carefully stir in ⅓ **cup orzo** (we sent more) and **meatballs**. Reduce heat to medium low and cover. Cook, covered, until orzo is al dente and meatballs are cooked, about 10 minutes.

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2 COOK VEGGIES

Heat a large drizzle of **olive oil** in a large pot over medium heat. Add **carrot, onion**, and half the **garlic**. Cook, tossing occasionally, until softened, 8-10 minutes. **TIP:** If the veggies cook too quickly, lower heat to medium low.



5 MAKE GARLIC BREAD

Meanwhile, halve **demi-baguette** lengthwise, then halve again on an angle. Place **2 TBSP butter** in a small microwave-safe bowl; microwave until just soft, about 10 seconds (do not melt). Stir in remaining **garlic** and season with **salt**. Spread mixture onto cut sides of demi-baguette. Place on a baking sheet cut-side up. Place under broiler and toast until golden, 2-3 minutes. **TIP:** Keep an eye out the entire time for any burning.



3 SHAPE MEATBALLS

While veggies cook, place **pork**, ¼ **cup panko** (we sent more), half the **Tuscan heat spice**, and a few big pinches of **salt** and **pepper** in a medium bowl. Mix until evenly combined. Shape mixture into small, ½-inch-wide meatballs.



6 FINISH AND SERVE

Stir half the **Parmesan** into soup. Season with **salt** and **pepper**. Divide soup between bowls; sprinkle with remaining Parmesan. Serve **garlic bread** on the side.

BALLER!

A hearty, wholesome soup like this is a slam dunk for your taste buds.