



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



1 Clove | 2 Cloves
Garlic



3 oz | 6 oz
Carrot



10 oz | 20 oz
Ground Beef



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Italian Seasoning



2 | 4
Chicken Stock
Concentrates



4 oz | 4 oz
Kale



2.5 oz | 2.5 oz
Israeli Couscous
Contains: Wheat



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk

HELLO

ITALIAN WEDDING SOUP

The perfect marriage of aromatic broth, tender greens, tiny pasta, and meatballs

ITALIAN WEDDING SOUP

with Meatballs, Couscous & Kale



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 620



AT THE READY

While the onion and carrot cook in step 4, whisk together the stock concentrates, water, and salt in a large measuring cup. This will save you the trouble of opening packets and measuring at the last minute.

BUST OUT

- Peeler
- Large bowl
- Medium pot
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp | 1 tsp)

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1 PREP

- **Wash and dry produce.**
- Halve, peel, and dice **onion**; mince diced onion until you have 2 TBSP (4 TBSP for 4 servings). Peel and mince **garlic**. Trim, peel, and slice **carrot** crosswise into ¼-inch-thick rounds.



2 FORM MEATBALLS

- In a large bowl, combine **beef***, **panko**, **minced onion**, **half the garlic**, **half the Italian Seasoning** (you'll use the rest later), ¾ tsp salt (1¼ tsp for 4 servings), and **pepper**.
- Form into 14-16 1-inch meatballs (28-32 meatballs for 4).



3 BROWN MEATBALLS

- Heat a **drizzle of olive oil** in a medium pot over medium-high heat. Add **meatballs** and cook, turning occasionally, until browned all over, 3-6 minutes (they'll finish cooking in step 5). **TIP: Be sure not to crowd the pot. Cook in batches if necessary.**
- Turn off heat; transfer meatballs to a plate. Carefully wash out pot.



4 START SOUP

- Heat a **drizzle of oil** in same pot over medium-high heat. Add **diced onion** and **carrot**; cook, stirring occasionally, until browned and slightly softened, 3-4 minutes.
- Add **remaining garlic** and **remaining Italian Seasoning**; cook until fragrant, 30 seconds.
- Stir in **stock concentrates**, 3½ cups **water** (6 cups for 4 servings), and a **big pinch of salt**. Bring to a simmer.



5 FINISH SOUP

- Meanwhile, remove and discard any large stems from **half the kale** (all for 4 servings); chop into bite-size pieces.
- Add the **chopped kale** and **half the couscous** (all for 4) to pot. Cook until couscous and carrot are tender and kale is softened, 8-10 minutes.
- In the last 2-3 minutes of cooking, return **meatballs** to pot and cook until cooked through. Taste and season generously with **salt** and **pepper**.



6 SERVE

- Divide **soup** between bowls. Top with **Parmesan** and serve.

* Ground Beef is fully cooked when internal temperature reaches 160°.