



TOMATO, WHITE BEAN & COUSCOUS SOUP

with Parsley & Crème Fraîche

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



1 Clove | 2 Cloves
Garlic



1 | 2
Zucchini



1 | 2
Cannellini Beans



¼ oz | ½ oz
Thyme



¼ oz | ½ oz
Parsley



1.5 oz | 3 oz
Tomato Paste



2 | 4
Mushroom Stock
Concentrates



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



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



HelloCustom

2 PERSON | 4 PERSON

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 710



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 520



HELLO FRESH

HELLO

CANNELLINI BEANS

A white bean with a smooth, tender texture that holds up well in soups

ABOUT THYME

Pinch the thyme sprig near the top with one hand, then pull down with your other hand like a zipper.

The leaves will pop right off!

BUST OUT

- Strainer
- Paper towels
- Large pot
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com

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



1 PREP

- Wash and dry produce.
- Halve, peel, and finely dice **onion**. Peel and mince or grate **garlic**. Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Drain **beans**. Pick **thyme** leaves from stems; mince leaves until you have 1 tsp (2 tsp for 4 servings). Roughly chop **parsley**.



3 FINISH SOUP

- Stir **couscous** into pot. Cover and cook until couscous is tender, 7-9 minutes. Taste and season generously with **salt** and **pepper**.

Once couscous is done, stir cooked **chicken** into **soup**.



2 START SOUP

- Heat a **large drizzle of oil** in a large pot over medium-high heat. Add **onion**; cook, stirring occasionally, until softened, 5-6 minutes.
- Add **garlic**; cook until fragrant, 30 seconds.
- Stir **zucchini, beans, minced thyme, tomato paste, stock concentrates, 3½ cups water (7 cups for 4 servings)**, and a **big pinch of salt and pepper** into pot.
- Bring to a boil, then reduce to a low simmer; cook, uncovered, until zucchini is just softened, 6-9 minutes.

Pat **chicken*** dry with paper towels and season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook, stirring frequently, until cooked through, 4-6 minutes.



4 SERVE

- Divide **soup** between bowls. Top with **crème fraîche**. (TIP: Cut a corner of the **crème fraîche** pouch to create a piping bag!) Garnish with **chopped parsley** and serve.

WK 6-23