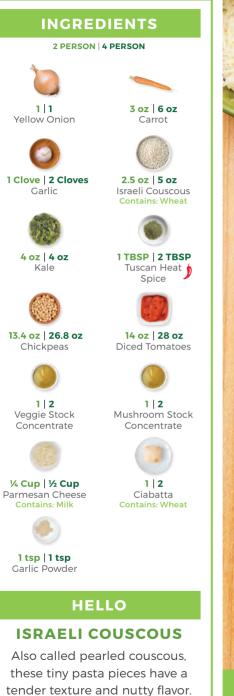
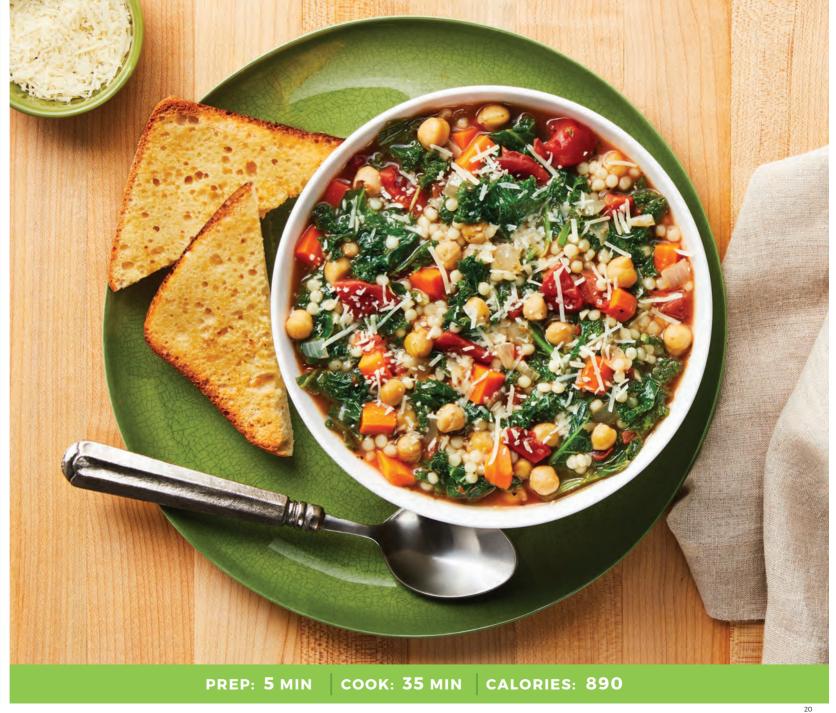
TUSCAN CHICKPEA, KALE & TOMATO SOUP

with Couscous, Parmesan & Garlic Ciabatta





HelloFRESH

BUTTER BELIEVE IT

In step 5, you'll make a compound butter. This one has garlic powder, but the sky's the limit when it comes to flavor pairings! Try lemon zest + parsley for stirring into rice, or honey + cinnamon for spreading on toast.

BUST OUT

- Peeler
- Large pot
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
 Contains: Milk

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**

> (646) 846-3663 HelloFresh.com



- 1 PREP
- Wash and dry all produce.
- Trim, peel, and dice carrot into ½-inch pieces. Halve, peel, and dice half the onion (whole onion for 4 servings).
 Peel and mince garlic. Remove and discard any large stems from kale.



2 COOK VEGGIES

- Heat a large drizzle of **olive oil** in a large pot over medium-high heat. Add **carrot** and **onion**; cook, stirring occasionally, until softened, 5-6 minutes.
- Add another drizzle of olive oil, then stir in garlic, Tuscan Heat Spice, and half the garlic powder (you'll use the rest later); cook until fragrant, 30 seconds.



3 START SOUP

- Stir chickpeas and their liquid, diced tomatoes, stock concentrates, 3½ cups water (7 cups for 4 servings), and a big pinch of salt into pot with veggies.
- Bring to a boil, then reduce to a low simmer; cook, uncovered, until carrots are just softened, 13-15 minutes.



4 FINISH SOUP

- Once carrots are just softened, stir **couscous** and **kale** into pot. Cover pot and cook until couscous is tender and kale is wilted, 7-9 minutes.
- Uncover and stir in half the Parmesan (save the rest for serving). Taste and season generously with salt and pepper. Turn off heat.



5 MAKE GARLIC BREAD

- Meanwhile, halve ciabatta.
- Place 2 TBSP butter (4 TBSP for 4 servings) in a small microwave-safe bowl; microwave until softened, 10-15 seconds. Stir in remaining garlic powder and season with salt and pepper.
- Toast ciabatta, then spread cut sides with garlic butter. Halve each piece on a diagonal.



6 SERVE

 Divide soup between bowls. Sprinkle with remaining Parmesan and serve with garlic ciabatta on the side.