



TUSCAN CHICKPEA, KALE & TOMATO SOUP

with Couscous, Parmesan & Garlic Ciabatta

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Yellow Onion



3 oz | 6 oz
Carrot



1 Clove | 2 Cloves
Garlic



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



4 oz | 4 oz
Kale



1 TBSP | 2 TBSP
Tuscan Heat
Spice



13.4 oz | 26.8 oz
Chickpeas



14 oz | 28 oz
Diced Tomatoes



1 | 2
Veggie Stock
Concentrate



1 | 2
Mushroom Stock
Concentrate



1/2 Cup | 1/2 Cup
Parmesan Cheese
Contains: Milk



1 | 2
Ciabatta
Contains: Soy, Wheat



1 tsp | 1 tsp
Garlic Powder

HELLO

ISRAELI COUSCOUS

Also called pearled couscous, these tiny pasta pieces have a tender texture and nutty flavor.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 910



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 a **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.



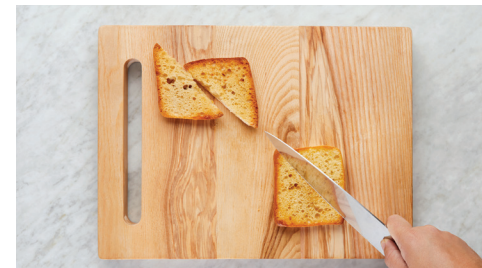
3 START SOUP

- Stir **chickpeas** and their **liquid**, **diced tomatoes**, **veggie stock concentrate**, **mushroom stock concentrate**, **¾ 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 carrot is just softened, 13-15 minutes.



4 FINISH SOUP

- Once carrot is 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.