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Rustic Italian Soup with Parmesan Croutons

Mamma mia, we're excited to bring you this rustic soup. It's got all the good stuff: salty bacon, crunchy Parmesan ciabatta, and rich tomato. Blending part of your soup gives it a more 'creamy' consistency without adding anything extra, and fresh baby spinach keeps this dinner from becoming too stodgy.



Prep: 10 mins
Cook: 30 mins
Total: 40 mins



level 1



nut free



contains pork

Pantry Items



Water



Sugar



Bacon



Garlic



Red Onion



Carrot



Celery



Diced Tomatoes



Parmesan Cheese



Bake-At-Home Ciabatta



Vegetable Stock



Borlotti Beans



Baby Spinach

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QTY	Ingredients
1 packet	bacon, rind removed & diced
1	red onion, finely diced
1	carrot, peeled & diced
2 stalks	celery, diced
2 cloves	garlic, peeled & crushed
2 tins	diced tomatoes
2 cups	water *
2 tsp	sugar *
1 cube	vegetable stock, crumbled
1 tin	borlotti beans, drained & rinsed
1 loaf	bake-at-home ciabatta
1 block	Parmesan cheese, grated
1 bag	baby spinach, washed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1760	Kj
Protein	23.5	g
Fat, total	17.1	g
-saturated	6.6	g
Carbohydrate	36.7	g
-sugars	12.1	g
Sodium	1240	mg



You will need: *chef's knife, chopping board, vegetable peeler, garlic crusher, fine grater, sieve, baking tray lined with baking paper, hand-held blender, and a large saucepan.*

1 Preheat the grill to medium or oven to **200°C/180°C** fan-forced.

2 Heat a lightly greased large saucepan over a low heat. Fry the **bacon** for **3 minutes** or until slightly crispy at the edges, then add the **red onion, carrot** and **celery**. Cook on a low heat for **8-10 minutes**, stirring occasionally, until the celery has softened. Stir through the **garlic** and cook for **1 minute**, or until fragrant.



3 Add the **diced tomatoes, water, sugar,** and **crumbled vegetable stock cube**. Bring the soup to the boil and then reduce to a simmer for **10 minutes**, stirring occasionally. Add the **borlotti beans** and a bit more water if needed and simmer for another **5 minutes**. Use a hand-held blender to pulse the soup just a couple of times to thicken it up. Alternatively, blend one batch of the soup at a time in a blender.



4 Meanwhile, cut the **bake-at-home ciabatta** in half horizontally and sprinkle with the **Parmesan cheese**. Put the halves on a lined baking tray and slide it under the grill for about **5 minutes** or until crunchy. Set aside to cool then slice into thick croutons.



5 When you are ready to serve the soup, stir through the **baby spinach** until wilted. Top with the cheesy croutons. Enjoy!

Did you know? Artists during the Medieval times extracted the green pigment in spinach to create ink and paints.