



Warming Rigatoni & Bean Soup

with Honeyed Sweet Potato, Pumpkin Seed Crumb and Kale



HELLO CANNELLINI BEANS

Cannellini beans originate from Peru and are commonly known as white kidney beans.



Onion



Garlic Clove



Rosemary



Cannellini Beans



Diced Sweet Potato



Honey



Rigatoni



Tomato Purée



Chopped Tomatoes



Vegetable Stock Powder



Kale



Panko Breadcrumbs



Pumpkin Seeds



Flat Leaf Parsley



Lemon

Chef Jesse has turned a customer favourite into a soup version of itself for the perfect Autumnal recipe. Packed with fresh vegetables, hearty cannellini beans, fresh herbs and rigatoni, this is bowl food at its best. Finish everything off by topping it with a crunchy blend of panko breadcrumbs and seeds, for a winning texture you can't beat.

40 mins

4 of your 5 a day

Veggie

MEAL BAG

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, a **Fine Grater**, **Sieve**, **Mixing Bowl**, some **Baking Paper**, a **Baking Tray**, **Colander**, **Measuring Jug** and **Small Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C and put a large saucepan of water with a pinch of salt on to boil for the pasta. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Drain and rinse the **cannellini beans** in a sieve.



2 ROAST THE POTATO

Place the **diced sweet potato** into a mixing bowl and add the **honey** and a drizzle of **oil**. Season with **salt** and **pepper** and toss to coat. Spread onto a lined baking tray and roast, turning halfway through cooking, 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* If cooked before the rest of the **soup**, remove from the oven and place to one side. Don't worry, it will wait!



3 GET STARTED

Add the **rigatoni** to the pan of boiling water and cook until al dente, around 11 mins. **★ TIP:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.* Drain in a colander, drizzle with a little **oil**, and set aside. While the **pasta** is cooking, heat a drizzle of **oil** in another large saucepan on medium heat and add the **onion**. Cook until soft and starting to colour, stirring occasionally, 6-7 mins.



4 SIMMER THE SOUP

Once the **onion** is soft, add the **garlic** and **rosemary**. Cook for one minute. Add the **beans**, **tomato purée**, **chopped tomatoes**, **stock powder** and **water** (see ingredients for amount). Stir to dissolve the **stock powder** and bring to the boil, then reduce the heat. Simmer for 10 mins, then stir in the cooked **rigatoni** and the **kale**. Gently cook until the **kale** has softened, 3-5 mins. Stir in the **sweet potato** and warm through, 1 minute more.



5 MAKE THE CRUMB

Meanwhile, heat a drizzle of **oil** in a small frying pan on medium heat. When hot, add the **panko breadcrumbs**, stir regularly until they turn golden brown, 3-4 mins. Remove from the heat and transfer to a bowl. Roughly chop the **pumpkin seeds** and **parsley** (stalks and all). Zest the **lemon**. Mix the **pumpkin seeds**, **half the parsley** and the **lemon zest** into the **panko breadcrumbs**, along with a good pinch of **salt** and plenty of **pepper**. Set aside.



6 FINISH AND SERVE

Stir the remaining **parsley** into the **soup** and season to taste with **salt** and **pepper**. Serve in bowls with a large handful of the **crumb mixture** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion	1	1½	2
Garlic Clove	1	2	2
Rosemary	1 sprig	2 sprigs	2 sprigs
Cannellini Beans	1 carton	1½ cartons	2 cartons
Diced Sweet Potato	1 small bag	1 medium bag	1 large bag
Honey	1 sachet	1½ sachets	2 sachets
Rigatoni 13)	160g	240g	320g
Tomato Purée	½ sachet	¾ sachet	1 sachet
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Water*	500ml	750ml	900ml
Kale	1 small bag	¾ large bag	1 large bag
Panko Breadcrumbs 13)	1 pot	1½ pots	2 pots
Pumpkin Seeds	1 sachet	1½ sachets	2 sachets
Flat Leaf Parsley	½ bunch	¾ bunch	1 bunch
Lemon	½	1	1

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 955G	PER 100G
Energy (kcal)	719	75
(kJ)	3008	315
Fat (g)	7	1
Sat. Fat (g)	1	1
Carbohydrate (g)	131	14
Sugars (g)	25	3
Protein (g)	29	3
Salt (g)	1.97	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

10) Celery 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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The Fresh Farm
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BEFORE YOU EAT

This bowl looks amazing! Great job. Why not share a #HelloFreshSnap with your friends and family?