



Mediterranean Veggie Soup

with Crumbled Fetta & Toasted Almonds

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Potato



Zucchini



Snacking Tomatoes



Garlic



Silverbeet



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder



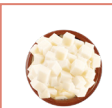
Fetta Cubes



Flaked Almonds



Chilli Flakes (Optional)



Fetta Cubes

Prep in: 10-20 mins
Ready in: 30-40 mins

Calorie Reduced

Soups are such a dinner-time staple as they are always brimming with warm and homey flavours. Packed into this soup are several veggies and crumbly cheese, waiting to be slurped up by you!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
zucchini	1	2
snacking tomatoes	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
silverbeet	1 medium packet	1 large packet
tomato paste	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	2 medium sachets
water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
fetta cubes	1 large packet	2 large packets
flaked almonds	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
fetta cubes**	1 large packet	2 large packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1078kJ (258Cal)	227kJ (54Cal)
Protein (g)	13.8g	2.9g
Fat, total (g)	9.2g	1.9g
- saturated (g)	4g	0.8g
Carbohydrate (g)	28.3g	6g
- sugars (g)	11.6g	2.4g
Sodium (mg)	1375mg	290mg
Dietary Fibre (g)	10.8g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1358kJ (325Cal)	272kJ (65Cal)
Protein (g)	18.3g	3.7g
Fat, total (g)	14.7g	2.9g
- saturated (g)	7.6g	1.5g
Carbohydrate (g)	28.3g	5.7g
- sugars (g)	11.7g	2.3g
Sodium (mg)	1800mg	360mg
Dietary Fibre (g)	10.8g	2.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, potato** and **zucchini** into bite-sized chunks.
- Place **carrot, potato, zucchini** and **snacking tomatoes** on a lined oven tray with a drizzle of **olive oil**. Season with **salt** and toss to coat.
- Roast until tender, **15-20 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Cook the soup

- When the veggies have **5 minutes** remaining, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **tomato paste, garlic & herb seasoning** and **garlic**, stirring, until fragrant, **30 seconds**. Add the **water, vegetable stock powder** and **brown sugar**, then bring to a simmer and cook until reduced, **2-4 minutes**.
- Add **roasted veggies** and **silverbeet** and cook until wilted, **2-3 minutes**. Season to taste.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Thinly slice **silverbeet**.

4



Serve up

- Divide Mediterranean veggie soup between bowls.
- Crumble over **fetta cubes**. Top with **flaked almonds** and a pinch of **chilli flakes** (if using) to serve. Enjoy!

Custom Recipe: If you've doubled your fetta cubes, crumble extra fetta over soup as above.

We're here to help!

Scan here if you have any questions or concerns

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