



One-Pot Chorizo & Cannellini Bean Soup

with Ciabatta Toast & Pesto Topping

KID FRIENDLY

Grab your Meal Kit with this symbol



Mild Chorizo



Thyme



Cannellini Beans



Bake-At-Home Ciabatta



Soffritto Mix



Passata



Chicken-Style Stock Powder



Baby Spinach Leaves



Basil Pesto



Chicken Breast

Prep in: 10-20 mins
Ready in: 15-25 mins

Eat Me Early*
*Custom Recipe only

This one-pot wonder simmers chorizo and cannellini beans in a tomato-based sauce of goodness! With the additions of spinach and toasted ciabatta, you'll be fighting away the weeknight blues in no time.

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

Pantry items

Olive Oil, Butter, 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

Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild chorizo	1 packet	2 packets
thyme	1 packet	1 packet
cannellini beans	1 medium packet	2 medium packets
bake-at-home ciabatta	1	2
soffritto mix	1 medium packet	1 large packet
passata	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 cup	2 cups
baby spinach leaves	1 medium packet	1 large packet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
basil pesto	1 medium packet	2 medium packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3988kJ (953Cal)	638kJ (152Cal)
Protein (g)	42.1g	6.7g
Fat, total (g)	52.9g	8.5g
- saturated (g)	18.3g	2.9g
Carbohydrate (g)	67.1g	10.7g
- sugars (g)	15.1g	2.4g
Sodium (mg)	2779mg	445mg
Dietary Fibre (g)	25.6g	3.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4704kJ (1124Cal)	595kJ (142Cal)
Protein (g)	78.7g	10g
Fat, total (g)	55.4g	7g
- saturated (g)	19.1g	2.4g
Carbohydrate (g)	67.2g	8.5g
- sugars (g)	15.1g	1.9g
Sodium (mg)	2849mg	361mg
Dietary Fibre	25.7g	3g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Roughly chop **mild chorizo**.
- Pick **thyme** leaves.
- Drain and rinse **cannellini beans**.
- Slice **bake-at-home ciabatta**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

3



Finish soup

- Stir in **cannellini beans**, **passata**, **chicken-style stock powder** and the **water** and simmer until reduced, **5-6 minutes**.
- Place **ciabatta slices** in a toaster and toast until golden.
- Add **baby spinach leaves**, the **butter** and **brown sugar** to the soup and stir until wilted.

2



Start soup

- Heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Cook **chorizo** and **soffritto mix**, stirring, until golden and tender, **5-6 minutes**.
- Add **thyme** leaves, stirring, until fragrant, **1 minute**.

Custom Recipe: Cook chicken with soffritto mix as above, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.

4



Serve up

- Divide chorizo and cannellini bean soup between bowls.
- Dollop over **basil pesto**.
- Serve with ciabatta (butter your toast if preferred). Enjoy!

Custom Recipe: Divide chicken, chorizo and cannellini bean soup between bowls, as above.

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