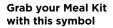
# Italian Kale & Risoni Soup

with Homemade Garlic Bread











Carrot





Rosemary







Diced



Tomatoes



Chilli Flakes



(optional)





Bake-at-Home Ciabatta



Basil



**Shaved Parmesan** Cheese

**Pantry items** Olive Oil, Butter, Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large pot or saucepan · Oven tray lined with baking paper

#### Ingredients

2 People	4 People
refer to method	refer to method
40g	80g
1	2
1	2
1 stalk	2 stalks
1 bunch	1 bunch
4 cloves	8 cloves
1 bag	2 bags
1 tin (400g)	2 tins (800g)
2¼ cups	4½ cups
1 packet	2 packets
pinch	pinch
2 cubes	4 cubes
1	2
½ tsp	1 tsp
1 punnet	1 punnet
1 packet (30g)	2 packets (60g)
	refer to method 40g 1 1 1 stalk 1 bunch 4 cloves 1 bag 1 tin (400g) 2¼ cups 1 packet pinch 2 cubes 1 ½ tsp 1 punnet 1 packet

<sup>\*</sup>Pantry Items

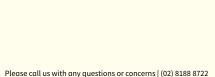
#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2883kJ (689Cal)	<b>464kJ</b> (110Cal)
Protein (g)	20.3g	3.3g
Fat, total (g)	28.5g	4.6g
- saturated (g)	14.8g	2.4g
Carbohydrate (g)	81.1g	13.1g
- sugars (g)	19.8g	3.2g
Sodium (mg)	1478mg	238mg

#### **Allergens**

may have changed.

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



## 1. Get prepped

Preheat the oven to 220°C/200°C fan-forced. Remove the **butter** from the fridge (to help it soften for the garlic bread). Finely chop the red onion, carrot (unpeeled) and celery. Pick and finely chop the **rosemary** leaves. Finely chop the garlic (or use a garlic press). Thinly slice the kale, discarding any larger pieces of stalk.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily.



### 2. Start the soup

In a large pot or saucepan, heat a good drizzle of **olive oil** over a medium-high heat. Add the onion, carrot, celery and a pinch of salt and cook, stirring, until tender, **5-6 minutes**. Add the rosemary and 1/2 the garlic and cook until fragrant, 1 minute.



# 3. Simmer the soup

Add the diced tomatoes, water, risoni, a pinch of chilli flakes (if using) and crumble in the vegetable stock. Stir to combine, then bring to the boil. Reduce the heat to medium and simmer until the soup has thickened and the risoni is tender, 10 minutes.



# 4. Make the garlic bread

While the soup is simmering, cut slices into the bake-at-home ciabatta, 2cm apart, cutting almost to the base but not the whole way through. In a small bowl, place 1/2 the butter and the remaining garlic and mash together with a fork. Season with salt and pepper. Spread the garlic **butter** into each slice of ciabatta then bake on an oven tray lined with baking paper until warmed through, 5-10 minutes.



# 5. Finish the soup

Stir the chopped kale through the soup until wilted, 2 minutes. Stir through the remaining **butter**, the **sugar** and tear in the **basil** leaves (reserve some for garnish). Season to taste with salt and pepper.



## 6. Serve up

Divide the Italian kale and risoni soup between bowls and top with the **shaved Parmesan cheese** and reserved basil leaves. Serve the homemade garlic bread on the side.

# **Enjoy!**