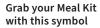
Italian Kale & Risoni Soup

with Homemade Garlic Bread















Rosemary









Diced Tomatoes



Chilli Flakes

Vegetable Stock (Optional)





Bake-At-Home Ciabatta



Basil



Shaved Parmesan Cheese



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

Ingredients

in ign concrito			
	2 People	4 People	
olive oil*	refer to method	refer to method	
butter*	40g	80g	
red onion	1	2	
carrot	1	2	
celery	1 stalk	2 stalks	
rosemary	1 bunch	1 bunch	
garlic	4 cloves	8 cloves	
kale	1 bag	2 bags	
diced tomatoes	1 tin (400g)	2 tins (800g)	
water*	2¼ cups	4½ cups	
risoni	1 packet	2 packets	
chilli flakes (optional)	pinch	pinch	
vegetable stock	2 cubes	4 cubes	
bake-at-home ciabatta	1	2	
sugar*	½ tsp	1 tsp	
basil	1 punnet	1 punnet	
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)	
			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2868kJ (685Cal)	465kJ (111Cal)
Protein (g)	20.1g	3.3g
Fat, total (g)	29g	4.7g
- saturated (g)	14.9g	2.4g
Carbohydrate (g)	81.5g	13.2g
- sugars (g)	20.5g	13.2g
Sodium (mg)	1501mg	243mg

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.



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** and **celery**. Pick and finely chop the **rosemary** leaves. Finely chop the **garlic**. Thinly slice the **kale**, discarding any larger pieces of stalk if you like.



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**.



Simmer the soup

Add the **diced tomatoes**, **water**, **risoni**, a pinch of **chilli flakes** (if using) and crumble in the **vegetable stock** cubes. 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**.



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 a lined oven tray until warmed through, **5-10 minutes**.



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.



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!

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