



Italian Kale & Risoni Soup

with Homemade Garlic Bread

Grab your Meal Kit with this symbol



Red Onion



Carrot



Celery



Rosemary



Garlic



Kale



Diced Tomatoes



Risoni



Chilli Flakes (Optional)



Vegetable Stock



Bake-At-Home Ciabatta



Basil



Shaved Parmesan Cheese

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Spicy (optional chilli flakes)

We love warm and hearty soups that make us feel cosy and nurtured, just like this flavoursome bowl of goodness. Packed with veggies and risoni and teamed with an easy side of garlic bread, it's a sure-fire cure for any winter blues.

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

Ingredients

	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.



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**.



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**.



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.



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**.



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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