



Middle Eastern Butter Bean Soup

with Dukkah & Garlic Tortilla Flatbreads

Grab your Meal Kit with this symbol



Zucchini



Carrot



Dukkah



Butter Beans



Garlic



Mini Flour Tortillas



Tomato Paste



Chermoula Spice Blend



Diced Tomatoes With Garlic & Onion



Vegetable Stock Pot



Baby Spinach Leaves



Parsley

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Plant based

Take your tastebuds to the Middle East with this hearty plant-based dish that delivers in the flavour, texture and aroma departments. Simple steps, like roasting the veggies to bring out their natural sweetness, and dusting the flatbreads with nutty dukkah before crisping them up in the oven, are what makes all the difference.

The recent harsh weather conditions have impacted the zucchini grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, Plant-Based Butter, Brown 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

Two oven trays lined with baking paper · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	1	2
dukkah	1 medium sachet	1 large sachet
butter beans	1 tin	2 tins
garlic	2 cloves	4 cloves
plant-based butter*	40g	80g
mini flour tortillas	6	12
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 box	2 boxes
vegetable stock pot	1 packet (20g)	2 packets (40g)
brown sugar*	1 tsp	2 tsp
water*	¾ cup	1¼ cups
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	455kJ (109Cal)
Protein (g)	26.2g	3.7g
Fat, total (g)	30.2g	4.3g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	86.7g	12.2g
- sugars (g)	25g	12.2g
Sodium (mg)	2846mg	401mg

The quantities provided above are averages only.

Allergens

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

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

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Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **zucchini** and **carrot** into bite-sized chunks.
- Place **prepped veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with some **dukkah** (save a generous pinch for the flatbreads!) and season with **pepper**. Toss to coat.
- Roast until tender, **15-20 minutes**.



Cook the soup & bake the flatbreads

- In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **butter beans**, **tomato paste** and **chermoula spice blend**, stirring, until fragrant, **1-2 minutes**.
- Add **diced tomatoes with garlic & onion**, **vegetable stock pot**, **brown sugar** and the **water**. Bring to a simmer and cook until slightly thickened, **8-10 minutes**.
- When soup is halfway through cooking, bake **flatbreads** until golden and crispy, **5-6 minutes**.
- When soup is done, stir through **baby spinach leaves**, **roasted veggies** and remaining **garlic butter**. Season to taste.



Get prepped

- While veggies are roasting, drain **butter beans**. Finely chop **garlic**.
- Microwave **plant-based butter** and **garlic** in a small bowl for **10 second** bursts or until melted. Stir to combine.
- Place **mini flour tortillas** on a second lined oven tray. Brush with 1/2 the **garlic butter** and sprinkle with reserved **dukkah**, turning to coat.



Serve up

- Divide Middle Eastern butter bean soup between bowls.
- Sprinkle with torn **parsley**.
- Serve with dukkah and garlic flatbreads.

Enjoy!

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