



# RUSTIC ITALIAN SOUP

with Bacon & Cheesy Croutons



Make cheesy croutons



Bacon



Garlic



Red Onion



Celery



Birdseye Chilli (Optional)



Cheddar Cheese



Parsley



Bake-At-Home Roll



Diced Tomatoes



Chicken Stock



Borlotti Beans

*Pantry Staples*



Olive Oil



Water

Hands-on: **35** mins  
Ready in: **45** mins  
Spicy (optional  
birdseye chilli)

Mamma mia, we're excited to bring you this rustic soup. It's got all the good stuff: cheesy croutons, rich tomato and warming chilli. Partially blending your soup gives it a more 'creamy' consistency without adding anything extra - it's one of our favourite kitchen hacks!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, box grater, large saucepan** with a **lid, wooden spoon, oven tray** lined with **aluminium foil, sieve** and a **stick blender**.



### 1 GET PREPPED

Preheat the oven grill to a **medium heat**. Finely chop the **bacon**. Peel and crush the **garlic**. Finely chop the **red onion**. Finely chop the **celery**. Deseed and finely chop the **birdseye chilli (if using)**. **TIP:** These small red chillis are very, very hot (hotter than a long red chilli)! Make sure you remove the seeds and white pith when deseeding the chilli. Grate the **Cheddar cheese**. Finely chop the **parsley** leaves.



### 4 MAKE THE SOUP

Add the **diced tomatoes** and the **water (check ingredients list for the amount)** to the saucepan with the bacon. Crumble in the **chicken stock** cube and leave to simmer for **5 minutes**. Drain and rinse the **borlotti beans** and add to the saucepan. **TIP:** Add an extra dash of water to your soup if you prefer a thinner consistency. Simmer for a further **5 minutes** until slightly reduced.



### 2 COOK THE BACON AND VEGGIES

Heat a **drizzle of olive oil** in a large saucepan over a low heat. Add the **bacon** and cook for **5 minutes**, or until golden. Add the **garlic, red onion, celery** and **birdseye chilli (if using)** and place the lid slightly ajar on top of the pan. **TIP:** Add your birdseye chilli slowly and taste as you go. Cook, stirring occasionally, for **8 minutes**, or until the celery is softened.



### 5 FINISH THE SOUP

Using a stick blender, pulse the **soup mixture** a couple of times until it thickens. **TIP:** If you don't have a stick blender, spoon some soup out of the saucepan, blitz with a blender or mash with a potato masher, then return to the saucepan and stir through. Season to taste with a **pinch of salt** and **pepper**. When the soup is ready to serve, stir through the **parsley**.



### 3 MAKE THE CHEESY CROUTONS

While the bacon and veggies are cooking, slice the **bake-at-home roll** in half and sprinkle with  $\frac{1}{2}$  of the **Cheddar cheese**. Place the bread halves on the oven tray lined with baking paper and place under the grill for **5 minutes**, or until the bread is crunchy and the cheese is golden and melted. **TIP:** Keep an eye on your bread to watch it doesn't burn! Remove the bread from under the grill, set aside to cool and slice into croutons.



### 6 SERVE UP

Divide the rustic Italian soup between bowls, top with the cheesy croutons and grate over any remaining Cheddar.

**Enjoy!**

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
bacon	1 packet	2 packets
garlic 🌱	1 clove	2 cloves
red onion	1	2
celery	1 stalk	2 stalks
birdseye chilli 🌱 (optional)	1	2
cheddar cheese	1 block (50 g)	2 blocks (100 g)
parsley	$\frac{1}{2}$ bunch	1 bunch
bake-at-home roll	2	4
diced tomatoes	1 tin (400 g)	2 tins (800 g)
water*	1 cup	2 cups
chicken stock	1 cube	2 cubes
borlotti beans	1 tin (400 g)	2 tins (800 g)

\*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2500kJ (597Cal)	310kJ (74Cal)
Protein (g)	30.3g	3.8g
Fat, total (g)	20.9g	2.6g
- saturated (g)	9.6g	1.2g
Carbohydrate (g)	62.9g	7.8g
- sugars (g)	11.5g	1.4g
Sodium (g)	1520mg	188mg

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