



Tuscan Roast Veggie & Lentil Soup

with Basil Pesto & Parmesan Crisps

Grab your Meal Kit with this symbol



Carrot



Zucchini



Garlic



Celery



Tomato



Silverbeet



Lentils



Grated Parmesan Cheese



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder



Basil Pesto

Recipe Update

Unfortunately, this week's butter beans were in short supply, so we've replaced them with lentils. Don't worry, the recipe will be just as delicious!

- Hands-on: 15-25 mins
 - Ready in: 30-40 mins
 - Naturally Gluten-Free
- Not suitable for coeliacs*

Carb Smart

Brimming with vibrant veggies and hearty lentils, this tomatoey, pesto-adorned soup is comfort in a bowl - and who needs carby croutons when you have umami-rich Parmesan crisps?

Pantry items

Olive Oil, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
tomato	1	2
silverbeet	1 medium bag	1 large bag
lentils	½ tin	1 tin
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
tomato paste	1 packet	2 packets
water*	2 cups	4 cups
garlic & herb seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1919kJ (458Cal)	433kJ (103Cal)
Protein (g)	15.8g	3.6g
Fat, total (g)	27.6g	6.2g
- saturated (g)	9.8g	2.2g
Carbohydrate (g)	32.1g	7.2g
- sugars (g)	15.3g	3.4g
Sodium (mg)	1545mg	348mg
Dietary Fibre	11.7g	2.6g

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.

1



Roast the veggies & get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**. Finely chop **celery**. Roughly chop **tomato**. Thinly slice **silverbeet**. Drain the **lentils** (see ingredients).

3



Cook the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery**, stirring occasionally, until slightly softened, **2-3 minutes**.
- Add **tomato paste** and **garlic** and cook, stirring, until fragrant, **30 seconds**.
- Add **tomato**, the **water**, **garlic & herb seasoning**, **vegetable stock powder**, the **butter** and **brown sugar**. Reduce heat to medium-low and simmer until slightly thickened, **3-4 minutes**.
- Add **silverbeet**, **lentils** and roast **veggies** and continue to simmer, until **silverbeet** has wilted, **1-2 minutes**. Season with **pepper**.

2



Make the Parmesan crisps

- On a second lined oven tray, place **grated Parmesan cheese** in even circles to make two per person.
- Bake until golden and crisp around the edges, **6-8 minutes** (these can burn fast, so keep an eye on them!).

TIP: If your oven tray is crowded, bake the Parmesan crisps in batches.

TIP: The Parmesan crisps will crisp up as they cool.

4



Serve up

- Divide Tuscan roast veggie and lentil soup between bowls.
- Top with **basil pesto** and Parmesan crisps to serve.

Enjoy!

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