



ONE-POT ITALIAN VEGETABLE SOUP

with Kale, Israeli Couscous & Garlic Bread

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Onion



6 oz | 12 oz
Carrots



1 Clove | 2 Cloves
Garlic



4 oz | 4 oz
Kale



1 TBSP | 2 TBSP
Italian Seasoning



13.76 oz | 27.52 oz
Crushed Tomatoes



3 | 6
Veggie Stock
Concentrates



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 tsp | 1 tsp
Garlic Powder



1 | 2
Demi-Baguette
Contains: Soy, Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 tsp | 1 tsp
Chili Flakes



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10 oz | 20 oz
Chopped Chicken
Breast

Calories: 870



10 oz | 20 oz
Ground Beef**

Calories: 1050



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 680



HELLO

GARDEN VEGGIES

Carrots, tomatoes, and kale add a variety of flavor and texture

BUTTER UP

In Step 5 you'll make a compound butter with garlic powder. Try variations for other meals. Lemon zest + parsley or honey + cinnamon, and more!

BUST OUT

- Peeler
- Large pot
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk
- Small bowl
- Paper towels

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1 PREP

- Wash and dry produce.
- Halve, peel, and dice **onion**. Trim, peel, and cut **carrots** into ¼-inch-thick rounds. Peel and mince or grate **garlic**. Remove and discard any large stems from **kale**.

- Pat **chicken*** dry with paper towels and season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pot over medium-high heat. Add chicken or **beef*** and cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



4 FINISH SOUP

- Once **carrots** are just softened, stir in **couscous** and **kale**. Cook until couscous is tender and kale is wilted, 8-10 minutes. Taste and season generously with **salt** and **pepper**.

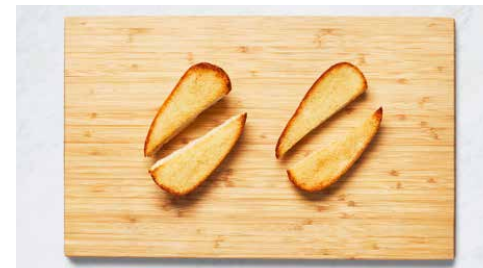
- Once kale is wilted, stir in **chicken** or **beef**.



2 COOK VEGGIES

- Heat a **large drizzle of olive oil** in a large pot over medium-high heat. Add **onion** and **carrots**; season with **salt** and **pepper**. Cook, stirring occasionally, until veggies are lightly browned and slightly softened, 4-6 minutes.

- Use pot used for chicken or beef here.



5 MAKE GARLIC BREAD

- While soup cooks, halve **baguette** lengthwise.
- Place **2 TBSP butter** (4 TBSP for 4 servings) in a small microwave-safe bowl; microwave until just softened, 10-15 seconds. Stir in **half the garlic powder** (all for 4) and season with **salt** and **pepper**.
- Toast baguette halves, then spread cut sides with **garlic butter**. Halve each piece on a diagonal.



3 START SOUP

- Stir **Italian Seasoning** and **garlic** into pot with **veggies**. Cook until fragrant, 30 seconds.
- Add **crushed tomatoes**, **stock concentrates**, **3 cups water** (6 cups for 4 servings), and a **big pinch of salt**. Bring to a boil, then reduce to a simmer. Cook until carrots are just softened, 5-7 minutes.



6 SERVE

- Divide **soup** between bowls. Sprinkle with **Parmesan** and a **pinch of chili flakes** to taste. Serve with **garlic bread** on the side.

*Chicken is fully cooked when internal temperature reaches 165°.

*Ground Beef is fully cooked when internal temperature reaches 160°.