



CREAMY WHITE BEAN, PORK & KALE SOUP

with Pearl Pasta, Thyme & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Ground Pork



1 tsp | 2 tsp
Dried Thyme



1 tsp | 2 tsp
Garlic Powder



4 oz | 8 oz
Kale



1 | 2
Cannellini Beans



3 | 6
Chicken Stock Concentrates



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Beef**

Calories: 860



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 850



HELLO

CRÈME FRAÎCHE

Rich and tangy, this thicker spin on sour cream is perfect for swirling into soups.

HOT STUFF

Spice up your soup with chili flakes if you've got some on hand! Start with a pinch, then taste and add more if desired.

BUST OUT

- Medium pot
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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

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



1 START SOUP

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **pork*** and season with **thyme, garlic powder,** and a **pinch of salt and pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.

🔄 Swap in **beef*** for pork.



3 FINISH SOUP

- To pot with **pork**, add **beans, stock concentrates,** and **3 cups water (6 cups for 4 servings)**. Bring to a boil, then reduce to a low simmer.
- Stir in **kale** and **couscous**. Cook, stirring occasionally, until kale is wilted and couscous is tender, 8-10 minutes.
- Remove from heat and stir in **crème fraîche**. Taste and season with **salt** and **pepper** if desired.



2 PREP

- While pork cooks, **wash and dry produce**.
- Drain and rinse **beans**. Remove and discard any large stems from **kale**.



4 SERVE

- Divide **soup** between bowls. Sprinkle with **Parmesan** and serve. **TIP: If you have a lemon on hand, squeeze some over top for added flavor!**

WK 23-22