



CHEESY SPINACH, BEAN & MUSHROOM SOUP

with Pearl Pasta & Chili Flakes

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Button Mushrooms



2 Cloves | 4 Cloves
Garlic



5 oz | 10 oz
Spinach



3 | 6
Veggie Stock Concentrates



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Cannellini Beans



½ Cup | 1 Cup
Italian Cheese Blend
Contains: Milk



1 tsp | 2 tsp
Chili Flakes



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HelloCustom

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



10 oz | 20 oz
Chopped Chicken Breast

Calories: 760



9 oz | 18 oz
Italian Chicken Sausage Mix

Calories: 820



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 560



HELLO

ISRAELI COUSCOUS

These tiny pasta pearls become pleasantly chewy when simmered in soup.

FOND OF FOND

When stirring the stock concentrates and water into your soup in Step 3, be sure to scrape up the browned bits from the bottom of the pot—those unassuming specks (aka *fond*) are full of rich, concentrated flavor.

BUST OUT

- Large pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) Ⓢ Ⓞ
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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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1 START PREP

- Wash and dry produce.
- Trim and quarter mushrooms (skip if your mushrooms are pre-sliced!).
- Ⓢ Open package of chicken* and drain off any excess liquid.
- Ⓞ Heat a drizzle of oil in a large pot over medium-high heat. Add chicken or sausage*; cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat, transfer to a plate. Wipe out pot.



3 FINISH SOUP

- Stir 1 TBSP butter (2 TBSP for 4 servings) and garlic into pot with mushrooms; cook, stirring constantly, until fragrant, 30 seconds.
- Stir in stock concentrates, couscous, beans and their liquid, and 2 cups water (4 cups for 4). Bring to a boil, then reduce to a low simmer. Stir in spinach. Cook, stirring occasionally, until spinach is wilted and flavors meld, 6-8 minutes.
- Taste and season with salt and pepper if desired.
- Ⓢ Once spinach is wilted and flavors meld, add chicken or sausage to soup.



2 START SOUP & FINISH PREP

- Heat a drizzle of oil in a large pot over medium heat. Add mushrooms and cook, stirring occasionally, until browned, 5 minutes. Season with salt and pepper.
- While mushrooms cook, peel and mince or grate garlic.
- Ⓢ Use pot used for chicken or sausage here.
- Ⓞ



4 SERVE

- Divide soup between bowls and top with Italian cheese blend. Sprinkle with as many chili flakes as you like. Serve.

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

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