

INGREDIENTS

2 PERSON | 4 PERSON







1 TBSP | 2 TBSP Tuscan Heat 🖠 Spice



3 oz | 6 oz Carrot



Shallot



10 oz | 20 oz **Ground Pork**



Chicken Stock Concentrates

Lemon



Cannellini Beans



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

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







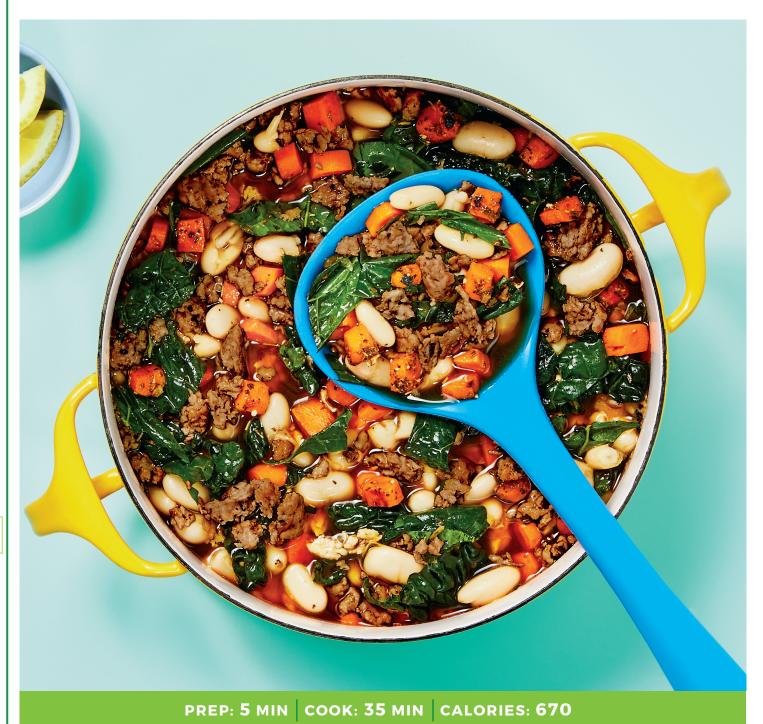
10 oz | **20 oz** Ground Turkey



G Calories: 600

ONE-POT PORK CANNELLINI KALE SOUP

with Carrot & Lemon





HELLO

CANNELLINI BEANS

These white beans have an earthy flavor and smooth, tender texture that holds up well in soups and stews.

FOND OF FOND

When stirring the stock concentrates and water into your soup in step 4, be sure to simultaneously scrape up any browned bits from the bottom of the pot. This process is known as deglazing, and those unassuming specks (aka fond) are full of rich, concentrated flavor. This easy trick adds so much savory depth to your finished dish

BUST OUT

- Peeler
- · Large pot
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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- *Ground Pork is fully cooked when internal temperature
- \$*Ground Beef is fully cooked when internal temperature
- (5) *Ground Turkey is fully cooked when internal temperature



1 PREP

- · Wash and dry produce.
- Peel and mince garlic. Trim, peel, and cut carrot into a small dice. Halve, peel, and cut shallot into a small dice. Remove and discard any large stems from half the kale (all for 4 servings); chop leaves into bite-size pieces. Drain and rinse beans. Quarter lemon.



2 BROWN PORK

- Heat a drizzle of oil in a large pot over medium-high heat. Add pork* and cook, breaking up meat into pieces, until browned, 2-4 minutes (it'll cook through later). Season with half the Tuscan Heat Spice (you'll use the rest in the next step), salt, and pepper.
- Add garlic and cook until lightly browned, 1-2 minutes.
- Transfer **pork mixture** to a plate.





3 COOK VEGGIES

• Heat a **drizzle of oil** in same pot over medium heat. Add carrot and shallot: cook, stirring occasionally, until softened, 8-10 minutes. (TIP: If veggies begin to brown too quickly, reduce heat to medium low.) Season with remaining Tuscan Heat Spice and a pinch of salt and pepper.



4 START SOUP

• Stir in **chopped kale**, **stock** concentrates, 21/2 cups water, and 1/2 tsp salt. (For 4 servings, use 5 cups water and 1 tsp salt.)



5 SIMMER SOUP

- Cover pot, then increase heat to high and bring to a boil. Once boiling, uncover and stir in **pork mixture** and beans.
- · Reduce heat to medium low and cover. Continue cooking until pork is cooked through, 5 minutes more.



6 FINISH SOUP & SERVE

- Stir a big squeeze of lemon juice into soup. Taste and season with salt and **pepper**.
- · Divide soup between bowls. Serve with remaining lemon wedges on the side.