



# ONE-POT ITALIAN VEGETABLE SOUP

with Kale, Israeli Couscous & Garlic Bread

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1  
Yellow 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



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



## HelloCustom

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



10 oz | 20 oz  
Shrimp  
Contains: Shellfish

Calories: 800



10 oz | 20 oz  
Chicken Breast Strips

Calories: 850



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 650



# HELLO FRESH

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

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 \*Shrimp are fully cooked when internal temperature reaches 145°.

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



### 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**.

-  Rinse **shrimp\*** under cold water. Pat shrimp or **chicken\*** dry with paper towels; season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pot over medium-high heat. Add shrimp or chicken; cook, stirring occasionally, until cooked through, 3-4 minutes for shrimp or 4-6 minutes for chicken. Transfer to a plate.





### 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**.



### 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 shrimp or chicken
-  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.

-  Stir in **shrimp** or **chicken** into **soup**.
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