



# Tuscan Veggie Bean Soup

## with Cheesy Pesto Toasts

Grab your Meal Kit with this symbol



Red Onion



Celery



Carrot



Garlic



Rustic Herb  
Spice Blend



Fennel Seeds



Chilli Flakes  
(Optional)



Red Kidney  
Beans



Diced Tomatoes with  
Garlic & Olive Oil



Vegetable Stock



Bake-At-Home  
Ciabatta



Basil Pesto



Shaved Parmesan  
Cheese



Baby Spinach  
Leaves



Hands-on: **20-30 mins**  
Ready in: **25-35 mins**



Low Calorie



Spicy (optional  
chilli flakes)

Settle in for a cosy night with this hearty bean and tomato soup. Full of colourful veggies and classic Italian flavours, the meal gets an extra boost with addictive cheesy pesto toasts on the side.

### Pantry items

Olive Oil, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Large pot or saucepan · Oven tray lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
celery	1 stalk	2 stalks
carrot	1	2
garlic	3 cloves	6 cloves
rustic herb spice blend	1 sachet	2 sachets
fennel seeds	pinch	pinch
chilli flakes (optional)	pinch	pinch
red kidney beans	1 tin	2 tins
diced tomatoes with garlic & olive oil	1 box (400g)	2 boxes (800g)
water*	1½ cups	3 cups
vegetable stock	2 cubes	4 cubes
brown sugar*	1 tsp	2 tsp
bake-at-home ciabatta	1	2
basil pesto	1 tub (50g)	1 tub (100g)
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2240kJ (536Cal)	357kJ (85Cal)
Protein (g)	21.7g	3.5g
Fat, total (g)	20.8g	3.3g
- saturated (g)	5.0g	0.8g
Carbohydrate (g)	57.7g	9.2g
- sugars (g)	19.1g	3.1g
Sodium (g)	1580mg	252mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Get prepped

Finely chop the **red onion** and **celery**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press).



## 4. Make the cheesy pesto toasts

While the soup is simmering, preheat the grill to medium-high. Slice the **ciabatta** in half and place, cut-side up, on an oven tray. Spread with the **basil pesto** and sprinkle with the **shaved Parmesan cheese**. When the soup has **5 minutes** cook time remaining, place the **ciabatta** under the grill until the cheese is melted and bubbling, **3-5 minutes**

**TIP:** Keep an eye on the toasts as they can burn fast!



## 2. Start the soup

In a large pot or saucepan, heat a **good drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **onion**, **celery** and **carrot** and cook, stirring occasionally, until softened, **5-6 minutes**. Add a **drizzle** more **olive oil**, the **garlic**, **rustic herb spice blend**, a **pinch** of **fennel seeds** and a **pinch** of **chilli flakes** (if using). Cook, stirring, until fragrant, **2 minutes**.

**TIP:** Fennel and chilli are strong flavours, add as much or as little as you like!



## 5. Stir through the spinach

Just before serving the soup, add the **baby spinach leaves** and stir until just wilted.



## 3. Simmer the soup

Pour the **red kidney beans** (including the liquid) into the pan with the veggies. Add the **diced tomatoes with garlic & olive oil** and the **water**. Crumble in the **vegetable stock** (**2 cubes for 2 people / 4 cubes for 4 people**) and add the **brown sugar**, then stir to combine. Simmer until slightly reduced, **15 minutes**.

**TIP:** Adding the bean soaking liquid helps to thicken the soup.



## 6. Serve up

Divide the Tuscan veggie bean soup between bowls. Serve with the cheesy pesto toasts.

**Enjoy!**