



# VEGGIE LOADED KALE & RISONI SOUP

with Homemade Garlic Bread



Make homemade  
garlic bread



Red Onion



Carrot



Celery



Rosemary



Garlic



Kale



Diced Tomatoes



Risoni



Chilli Flakes  
(Optional)



Vegetable Stock



Bake-At-Home  
Ciabatta



Basil



Shaved Parmesan  
Cheese

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

 Spicy (optional  
chilli flakes)

We love warm and hearty soups that make us feel cosy and nurtured, just like this flavoursome bowl of goodness. Packed with veggies and risoni and teamed with an easy side of garlic bread, it's a sure-fire cure for any winter blues.

**Pantry Staples:** Olive Oil, Butter, Sugar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large pot** or **saucepan**



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Remove the **butter** from the fridge (to help it soften for the garlic bread). Finely chop the **red onion**, **carrot** (unpeeled) and **celery**. Pick and finely chop the **rosemary** leaves. Finely chop the **garlic** (or use a garlic press). Thinly slice the **kale**, discarding any larger pieces of stalk if you like.



### 2 START THE SOUP

In a large pot or saucepan, heat a **good drizzle of olive oil** over a medium-high heat. Add the **onion**, **carrot**, **celery** and a **pinch of salt** and cook, stirring, until tender, **5-6 minutes**. Add the **rosemary** and **1/2 the garlic** and cook until fragrant, **1 minute**.



### 3 SIMMER THE SOUP

Add the **diced tomatoes**, **water**, **risoni**, a **pinch of chilli flakes** (if using) and crumble in the **vegetable stock** cubes. Stir to combine, then bring to the boil. Reduce the heat to medium and simmer until the soup has thickened and the risoni is tender, **10 minutes**.



### 4 MAKE THE GARLIC BREAD

While the soup is simmering, cut slices into the **bake-at-home ciabatta**, 2cm apart, cutting almost to the base but not the whole way through. In a small bowl, place **1/2 the butter** and the **remaining garlic** and mash together with a fork. Season with **salt** and **pepper**. Spread the garlic butter onto each slice of ciabatta, then bake the ciabatta directly on the wire rack of the oven until warmed through, **5-10 minutes**.



### 5 FINISH THE SOUP

Stir the chopped **kale** through the soup until wilted, **2 minutes**. Stir through the **remaining butter**, the **sugar** and tear in the **basil** leaves (reserve some for garnish). Season to taste with **salt** and **pepper**.



### 6 SERVE UP

Divide the veggie loaded kale and risoni soup between bowls and top with the **shaved Parmesan cheese** and reserved basil leaves. Serve the homemade garlic bread on the side.

## ENJOY!

## 2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
butter*	40 g	80 g
red onion	1	2
carrot	1	2
celery	1 stalk	2 stalks
rosemary	1 bunch	1 bunch
garlic	3 cloves	6 cloves
kale	1 bag	2 bags
diced tomatoes	1 tin	2 tins
water*	2¼ cups	4½ cups
risoni	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
vegetable stock	2 cubes	4 cubes
bake-at-home ciabatta	1	2
sugar*	½ tsp	1 tsp
basil	1 punnet	1 punnet
shaved Parmesan cheese	1 packet (30 g)	2 packets (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2810kJ (671Cal)	486kJ (116Cal)
Protein (g)	21.7g	3.8g
Fat, total (g)	22.8g	3.9g
- saturated (g)	14.6g	2.5g
Carbohydrate (g)	85.6g	14.8g
- sugars (g)	19.7g	3.4g
Sodium (g)	1440mg	248mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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