



# Cal Smart Italian Wedding Soup

with Turkey and Parmesan

Calorie Smart 35 Minutes



Minced Turkey



Italian Breadcrumbs



Garlic



Mirepoix



Baby Spinach



Parmesan Cheese, grated



Israeli Couscous



Chicken Broth Concentrate



Italian Seasoning



Parsley

HELLO ITALIAN SEASONING

*Our blend of hearty herbs and zesty garlic!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Medium bowl, measuring spoons, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Garlic	9 g	18 g
Mirepoix	113 g	227 g
Baby Spinach	113 g	227 g
Parmesan Cheese, grated	¼ cup	½ cup
Israeli Couscous	¾ cup	1 ½ cup
Chicken Broth Concentrate	2	4
Italian Seasoning	1 tbsp	2 tbsp
Parsley	7 g	14 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



### Prep turkey

Roughly chop **parsley**. Peel, then grate or mince **garlic** (6 cloves for 4 ppl). Add **turkey** and **half the breadcrumbs** (use all for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then mix thoroughly to combine.



### Cook turkey

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **turkey mixture**. Cook, breaking up **turkey** into bite-sized "meatball" pieces, until no pink remains, 4-5 min.\*\*



### Start soup

When **turkey** is almost done cooking, add **garlic** and **mirepoix** to the pot. Cook, stirring frequently, until **mirepoix** is slightly softened, 3-4 min.



### Finish soup

When **mirepoix** is softened, add **broth concentrate**, **Italian Seasoning**, **Israeli couscous** and **5 cups water** (dbl for 4 ppl). Season with **salt** and **pepper**. Bring to a boil, then reduce heat to medium-low. Cook, covered, until **couscous** is tender and **soup** is slightly reduced, 12-14 min.



### Finish and serve

When **soup** is almost done, remove pot from heat, then add **spinach**. Stir until wilted, 1-2 min. Divide **soup** between bowls. Sprinkle **Parmesan** and **parsley** over top.

## Dinner Solved!