



Carb Smart Garden Vegetable Soup

with Cannellini Beans and Parmesan

Veggie

Smart Meal

25 Minutes

+ Add



Chicken Breast
2 | 4

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Cannellini Beans
398 ml | 796 ml



Garlic, cloves
1 | 2



Mirepoix
113 g | 227 g



Zucchini
1 | 2



Baby Spinach
56 g | 113 g



Tomato
1 | 2



Vegetable Stock Powder
1 tbsp | 2 tbsp



Sun-Dried Tomato Pesto
¼ cup | ½ cup



Parsley
7 g | 7 g



Parmesan Cheese, shredded
¼ cup | ½ cup



Zesty Garlic Blend
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Pantry items | Unsalted butter, pepper, salt

Cooking utensils | Measuring spoons, measuring cups, large pot

1



Sauté mirepoix

• Before starting, wash and dry all produce.

- Heat a large pot over medium heat.
- When the pot is hot, add **1 tbsp** (2 tbsp) **butter**, then **mirepoix**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until slightly softened, 3-4 min.

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Quarter **zucchini** lengthwise, then cut into ¼-inch quarter-moons.
- Roughly chop **spinach**.
- Cut **tomato** into ½-inch pieces.
- Roughly chop **parsley**.

3



Start soup

+ Add | **Chicken Breasts**

- Add **garlic**, **tomatoes**, **Zesty Garlic Blend** and **half the sun-dried tomato pesto** to the pot. Cook, stirring often, until fragrant, 1 min.
- Add **stock powder** and **cannellini beans** with their **liquid**. Cook, scraping up any brown bits on the bottom of the pot, 1 min.
- Add **2 ½ cups** (4 ½ cups) **water** to the pot, then bring to a boil over high. Season with ½ **tsp** (1 tsp) **salt** and **pepper**.

4



Cook soup

- Once boiling, add **zucchini** to the pot. Reduce heat to medium.
- Cover and cook, stirring occasionally, until **veggies** are tender, 8-10 min.
- Add **spinach** and **half the Parmesan**. Stir until **spinach** wilts and **Parmesan** melts, 1 min.
- Remove from heat.
- Add **remaining sun-dried tomato pesto**, season with **salt** and **pepper**, to taste, then stir to combine.

5



Finish and serve

+ Add | **Chicken Breasts**

- Divide **soup** between bowls.
- Sprinkle **parsley** and **remaining Parmesan** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Start soup

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

5 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Top final bowls with **chicken**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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



Issue with your meal? Scan the QR code to share your feedback.