



# PASTA E FAGIOLI

with Parmesan Frico



HELLO

## PASTA E FAGIOLI

This classic Italian pasta-and-beans dish is a hearty winter fave

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 645



Mirepoix



Rosemary



Garlic



Mixed Beans



Parmesan Cheese,  
finely shredded



Ditalini Pasta



Vegetable Broth  
Concentrate



Black Kale,  
chopped



Thyme



Crushed  
Tomatoes



## BUST OUT

- Garlic Press
- Measuring Cups
- Strainer
- Baking Sheet
- Large Pot
- Parchment Paper
- Medium Bowl
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Mirepoix 340 g | 680 g
- Rosemary 10 g | 20 g
- Garlic 10 g | 20 g
- Mixed Beans 1 can | 2 can
- Parmesan Cheese, finely shredded **2** 56 g | 113 g
- Ditalini Pasta **1,3** 85 g | 170 g
- Vegetable Broth Concentrate 2 | 4
- Black Kale, chopped 56 g | 113 g
- Thyme 10 g | 10 g
- Crushed Tomatoes 1 box | 2 box

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 5** Tree Nut/Noix
- 1** Wheat/Blé
- 6** Mustard/Moutarde
- 2** Milk/Lait
- 7** Peanut/Cacahuète
- 3** Egg/Oeuf
- 8** Sesame/Sésame
- 4** Soy/Soja
- 9** Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

Preheat the oven to **425°F** (to bake the Parmesan frico). Start prepping when the oven comes up to temperature!



**1 PREP** Wash and dry all produce.\* Strip a few **rosemary leaves** from the stem and finely chop **2 tbsp** (double for 4 ppl). Strip **1 tbsp thyme leaves** (double for 4 ppl) from the stems, then finely chop. Mince or grate the **garlic**. Drain and rinse the **beans**.



**4 MAKE FRICO** Meanwhile, in a medium bowl, combine the **Parmesan** and **remaining thyme leaves**. Season with **pepper**. On a parchment-lined baking sheet, sprinkle the **Parmesan mixture** in a thin, even layer over the entire sheet. Bake in the centre of the oven until the cheese is crispy and golden-brown, 5-7 min. Cool slightly before breaking the **frico** up into large pieces.



**2 COOK MIREPOIX** Heat a large pot over medium-high heat. Add a drizzle of **oil**, then the **mirepoix, rosemary, garlic** and **half the thyme leaves**. Cook, stirring occasionally, until the veggies are golden-brown, 7-8 min.



**5 FINISH SOUP** Add the **kale** into the **soup** and stir until wilted, 1-2 min. Season with **salt** and **pepper**.



**3 START SOUP** Add the **beans, pasta, broth concentrates, crushed tomatoes** and **4 cups water** (double for 4 ppl) to the pot. Bring up to a boil, then reduce the heat to medium. Simmer, until the pasta is tender and the liquid is slightly reduced, 10-12 min.



**6 FINISH AND SERVE** Divide the **soup** between bowls. Top with a **Parmesan frico**. (**TIP:** You can also crush up the frico and sprinkle it over the soup — this will add a bit of crunch!)

## CRISPY!

Parmesan fricos are so simple to make and add a nice crunch to any soup!