



# Italian Turkey Soup with Roasted Cauliflower and Kale, Parmesan and Peppers

Keto Special

30 Minutes



Turkey Breast Portions  
340 g | 680 g



Green Onion  
2 | 4



Kale, chopped  
113 g | 226 g



Roasted Pepper Pesto  
¼ cup | ½ cup



Cauliflower  
285 g | 570 g



Italian Seasoning  
1 tbsp | 2 tbsp



Parmesan Cheese, shredded  
¼ cup | ½ cup



Chili Flakes  
1 tsp | 2 tsp



Cream  
237 ml | 474 ml



Chicken Stock Powder  
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 | Salt, oil, pepper

Cooking utensils | Baking sheet, large pot, measuring spoons, paper towels

Measurements  
within steps

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

1



## Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut **cauliflower** into bite-sized pieces.
- Thinly slice **green onions**, keeping white and green parts separate.

2



## Roast cauliflower

- Add **cauliflower**, **half the Italian Seasoning** and **1 tbsp (2 tbsp) oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until tender, 14-16 min.

3



## Cook turkey

- Pat **turkey** dry with paper towels. Cut into ½-inch pieces.
- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp (2 tbsp) oil** and **1 tbsp (2 tbsp) butter**, then the **turkey**. Cook, stirring often, until golden brown and cooked through, 4-5 min.\*
- Add **kale** and **green onion whites**. Cook stirring, often until **kale** has wilted slightly, 1-2 min.

4



## Cook soup

- Reduce heat to medium, then add **cream**, **chicken stock powder**, **remaining Italian Seasoning** and **2 cups (4 cups) water**.
- Cook, stirring often, until **soup** reduces slightly, 4-5 min.

5



## Finish soup

- Add **roasted pepper pesto** and half the **roasted cauliflower** to the pot.
- Stir to combine, then season with **salt** and **pepper**.

6



## Finish and serve

- Divide **soup** between bowls.
- Top with **remaining green onions**, **remaining roasted cauliflower** and **Parmesan cheese**.
- Sprinkle **chili flakes** over top, if desired.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.