



Carb Smart Hearty Veggie Soup

with Chickpeas and Herby Pesto Swirl

Veggie

Smart Meal

25 Minutes

+ Add



Chicken Breasts
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)



Chickpeas
1 | 2



Mirepoix
113 g | 227 g



Zucchini
1 | 2



Basil Pesto
¼ cup | ½ cup



Parsley
7 g | 14 g



Parmesan Cheese, shredded
¼ cup | ½ cup



Vegetable Stock Powder
1 tbsp | 2 tbsp



Tomato
1 | 2



Baby Spinach
56 g | 113 g



Garlic, cloves
2 | 4



Garlic Spread
2 tbsp | 4 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, pepper

Cooking utensils | Large pot, small bowl

1



Prep

- Before starting, wash and dry all produce.

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

2



Cook mirepoix

+ Add | Chicken Breasts

- Heat a large pot over medium heat.
- When hot, add **garlic spread**, then **mirepoix**. Season with **salt** and **pepper**. Cook, stirring occasionally, until slightly softened, 3-4 min.

3



Start soup

- Add **garlic** and **tomatoes** to the pot. Cook, stirring often, until fragrant, 30 sec.
- Add **stock powder** and **chickpeas with their liquid**. Cook, scraping up any brown bits on the bottom of the pot, 30 sec.

4



Cook zucchini

- Add **2 ½ cups** (4 ½ cups) **water** to the pot, then bring to a boil over high.
- Once boiling, add **zucchini**. Reduce heat to medium. Cover and cook, stirring occasionally, until **veggies** are tender, 8-10 min.

5



Season pesto and finish soup

- Meanwhile, finely chop **parsley**.
- Add **pesto**, **half the parsley** and **half the Parmesan** to a small bowl.
- When **veggies** are tender, add **spinach** and **remaining parsley**. Stir until **spinach** wilts, 1 min. Remove from heat. Season with **pepper**, then stir to combine.

6



Finish and serve

+ Add | Chicken Breasts

- Divide **soup** between bowls.
- Dollop **pesto mixture** over top, then sprinkle **remaining Parmesan** over top.

Measurements
within steps

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

2 | Cook mirepoix and chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, while **mirepoix** cooks, pat chicken 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.**

6 | Finish and serve

+ Add | Chicken Breasts

Cut cooked **chicken** into bite-sized pieces. Divide **chicken** between bowls of **soup**.

* 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, as size may vary.