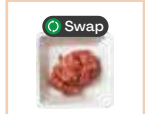




SuperQuick Zesty Sausage and Tortellini Soup with Fresh Veggies

15 Minutes












Ground Turkey
250 g | 500 g

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](http://www.hellofresh.ca)



-  Mild Italian Sausage, uncased
250 g | 500 g
-  Cheese Tortellini
350 g | 700 g
-  Mirepoix
113 g | 227 g
-  Tomato Sauce Base
4 tbsp | 8 tbsp
-  Chicken Stock Powder
1 tbsp | 2 tbsp
-  Parmesan Cheese, shredded
¼ cup | ½ cup
-  Baby Spinach
28 g | 56 g
-  Zucchini
1 | 2
-  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 | Oil, salt, pepper

Cooking utensils | Large pot, measuring spoons

1



Start soup

- Before starting, wash and dry all produce.

Swap | Ground Turkey

- Heat a large pot over high heat.
- When hot, add $\frac{1}{2}$ **tblsp** (1 **tblsp**) **oil**, then **sausage** and **mirepoix**. Season with **salt**, **pepper** and **half the Zesty Garlic Blend**.
- Cook, stirring often, until **veggies** are tender-crisp and **sausage** is cooked through and no pink remains, 3-5 min.**
- While **sausage** cooks, halve **zucchini** lengthwise, then cut into $\frac{1}{4}$ -inch half-moons.

2



Cook zucchini

- Transfer **sausage mixture** to a bowl.
- Reheat pot over medium heat. When hot, add $\frac{1}{2}$ **tblsp** (1 **tblsp**) **oil** and **zucchini**. Season with **salt**, **pepper** and **remaining Zesty Garlic Blend**. Cook, stirring often, until **zucchini** is tender-crisp and lightly golden, 1-2 min.

3



Finish soup

- Add **sausage mixture**, **tomato sauce base**, **stock powder**, **tortellini** and 2 $\frac{1}{2}$ **cups** (4 **cups**) **water** to the pot with **zucchini**. Bring to a boil over high. Reduce heat to medium.
- Cover and cook, stirring occasionally, until **tortellini** are tender, 4-6 min.
- Add **spinach**. Season with **salt** and **pepper**. Stir to mix. (**TIP**: For a lighter soup consistency, add water, $\frac{1}{4}$ cup at a time, if desired.)

4



Finish and serve

- Divide **soup** between bowls.
- Sprinkle **Parmesan cheese** over top.

Measurements
within steps

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

1 | Start soup

Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **sausage****.

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