



Carb Smart Garden Vegetable Soup

with Cannellini Beans and Parmesan

Carb Smart

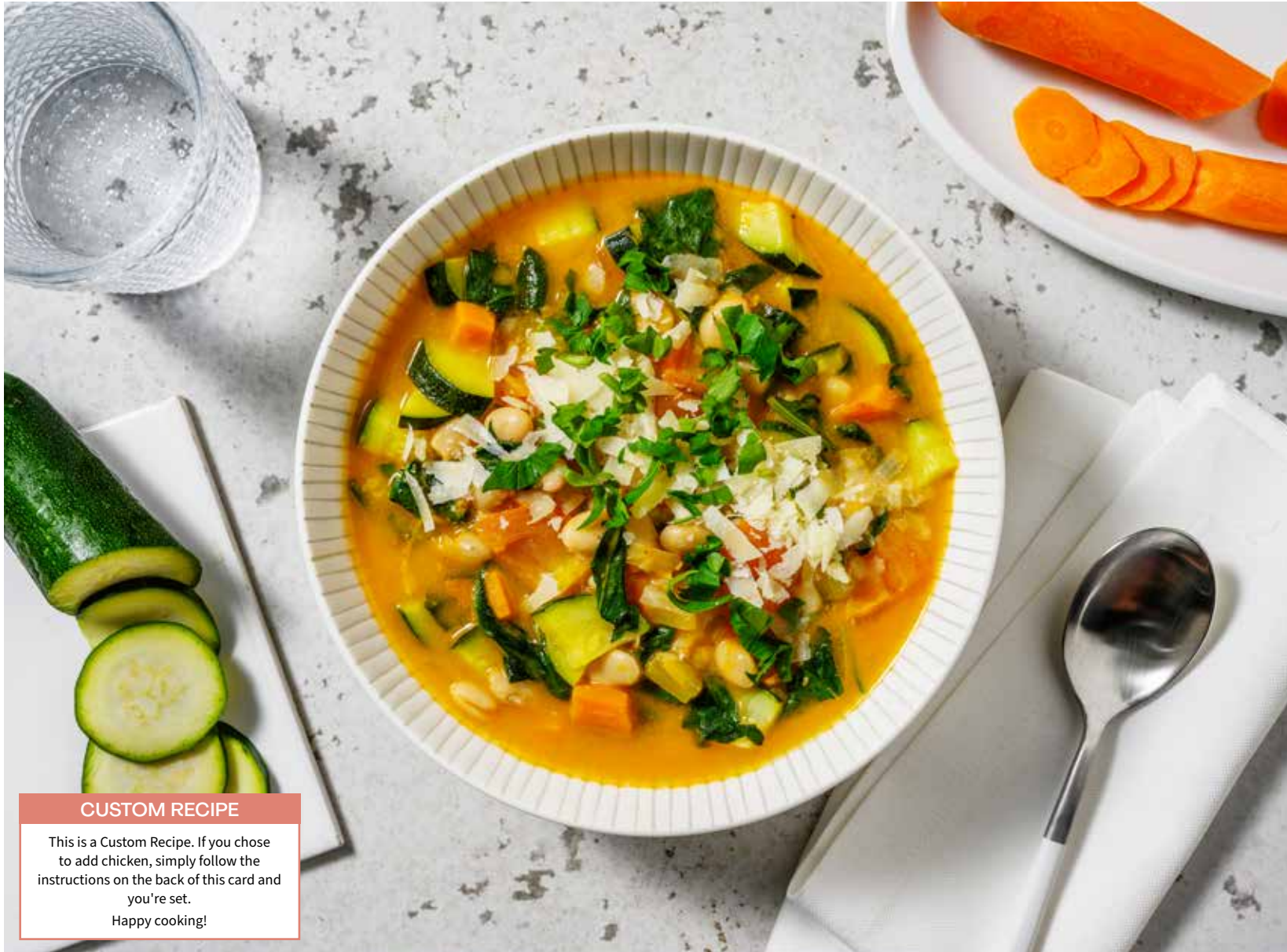
Calorie Smart

Quick

25 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Cannellini Beans



Chicken Breasts



Garlic, cloves



Mirepoix



Zucchini



Baby Spinach



Roma Tomato



Vegetable Stock Powder



Sun-Dried Tomato Pesto



Parsley



Parmesan Cheese, shredded

HELLO SUN-DRIED TOMATO PESTO

This pesto gets its natural sweetness from sun-dried tomatoes!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Cannellini Beans	398 ml	796 ml
Chicken Breasts*	2	4
Garlic, cloves	1	2
Mirepoix	113 g	227 g
Zucchini	1	2
Baby Spinach	56 g	113 g
Roma Tomato	95 g	190 g
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
Unsalted Butter*	1 tbsp	2 tbsp
Salt and Pepper*		

* Pantry items

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

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

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.



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1



Sauté mirepoix

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

If you've opted to add **chicken breasts**, pat dry with paper towels. Cut into 2-inch pieces. When **mirepoix** has softened, add **chicken** to a large pot. Cook, stirring often, until cooked through, 3-4 min.** Continue to follow the recipe as instructed.

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**, seasoning with **salt** and **pepper**, to taste, then stir to combine.

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**.

5



Finish and serve

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

Dinner Solved!

3



Start soup

- Add **garlic, tomatoes** 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**.