



Carb Smart Pork and Mushroom Soup with Crispy Shallots

Carb Smart

30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

-  Ground Pork
-  Ground Turkey
-  Crispy Shallots
-  Mushrooms
-  Soy Sauce
-  Chicken Broth Concentrate
-  All-Purpose Flour
-  Butternut Squash, cubes
-  Garlic, cloves
-  Ciabatta Roll
-  Parsley and Thyme
-  Mirepoix

HELLO THYME

This woody herb packs a fragrant and savoury punch!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, silicone brush, slotted spoon, large bowl, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Ground Turkey	250 g	500 g
Crispy Shallots	14 g	28 g
Mushrooms	113 g	227 g
Soy Sauce	1 tbsp	2 tbsp
Chicken Broth Concentrate	2	4
All-Purpose Flour	1 tbsp	2 tbsp
Butternut Squash, cubes	170 g	340 g
Garlic, cloves	2	4
Ciabatta Roll	1	2
Parsley and Thyme	21 g	21 g
Mirepoix	113 g	227 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Prep

- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems.
- Thinly slice **mushrooms**.



Finish soup

- Add **broth concentrates, soy sauce, squash** and **2 ¼ cups water** (dbl for 4 ppl) to the pot. Season with **salt** and **pepper**. (**TIP**: Reduce to 2 cups water [dbl for 4 ppl] if you prefer a heartier soup!)
- Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cook, stirring occasionally, until **soup** thickens slightly and **squash** is tender, 12-15 min.



Cook pork

- Heat a large pot over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min. **
- Using a slotted spoon, transfer **pork** to a large bowl, reserving **fat** in the pot.

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



Make garlic toasties

- Meanwhile, combine **remaining garlic** and **1 tbsp oil** (dbl for 4 ppl) in a small bowl.
- Halve **ciabatta**, then cut into 2-inch-thick strips.
- Arrange on an unlined baking sheet, cut-side up. Brush with **garlic oil**.
- Toast in the **top** of the oven until lightly golden-brown, 5-6 min. (**TIP**: Keep an eye on toasties so they don't burn!)



Start soup

- Reduce heat to medium, then add **1 tbsp butter** (dbl for 4 ppl), **mirepoix, mushrooms, thyme** and **half the garlic** to the pot with **pork fat**. Cook, stirring occasionally, until **veggies** soften slightly, 3-4 min.
- Add **pork** and **any juices** from the bowl.
- Sprinkle **flour** into the pot. Cook, stirring often, until **flour** coats **veggies and pork**, 1 min.



Finish and serve

- Divide **soup** between bowls, then top with **half the crispy shallots** (use all for 4 ppl).
- Serve **garlic toasties** alongside.
- Sprinkle **parsley** over **soup** and **garlic toasties**.

Dinner Solved!