



Carb Smart Pork and Mushroom Soup

with Crispy Shallots

Smart Meal 25 Minutes

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)

↻ Swap	↻ Swap
Ground Turkey 250 g 500 g	Beyond Meat® 2 4



Ground Pork 250 g 500 g	Crispy Shallots 28 g 56 g
Mushrooms 113 g 227 g	Soy Sauce 1 tbsp 2 tbsp
Chicken Broth Concentrate 2 4	All-Purpose Flour 1 tbsp 2 tbsp
Garlic, cloves 2 4	Ciabatta Roll 1 2
Parsley and Thyme 14 g 21 g	Mirepoix 113 g 227 g
Zucchini 1 2	Butternut Squash, cubes 170 g 340 g

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 | Unsalted butter, salt, oil, pepper

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

1



Prep

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

- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Strip **½ tbsp** (1 tbsp) **thyme leaves** from stems.
- Thinly slice **mushrooms**.

2



Cook pork

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Heat a large pot over medium-high heat.
- When the pot is hot, add **1 tsp** (2 tsp) **oil**, then **pork**.
- Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.**
- Using a slotted spoon, transfer to a large bowl, reserving **pork fat** in the pot.

3



Start soup

- Reduce heat to medium.
- Add **1 tbsp** (2 tbsp) **butter**, **mirepoix**, **mushrooms**, **thyme** and **half the garlic** to the pot with **reserved 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 **veggies** and **pork** are coated, 1 min.

4



Finish soup

- Add **broth concentrates**, **soy sauce**, **butternut squash** and **2 ¼ cups** (4 ½ cups) **water** to the pot.
(**TIP:** Reduce to 2 cups [4 cups] water if you prefer a heartier soup!)
- Season with **salt** and **pepper**. Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Cook, stirring occasionally, until **soup** thickens slightly, 12-15 min.

5



Make garlic toasties

- Meanwhile, combine **remaining garlic** and **1 tbsp** (2 tbsp) **oil** in a small bowl.
- Halve **ciabatta rolls**, 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 garlic toasties so they don't burn!)

6



Finish and serve

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

Measurements
within steps

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

2 | Cook turkey

Swap | **Ground Turkey**

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

2 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **pork**, until cooked through, 5-6 min.**

** Cook pork, turkey and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.