



# 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)

<b>↻</b> Swap	<b>↻</b> Swap
Ground Turkey 250 g   500 g	Beyond Meat® 2   4



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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
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.