

Vegetable and Tomato Soup

with Beans, Pesto and Parmesan

hellóchef

Healthy, filling and tasty!

Cals 649 • Prot 26 • Carbs 92 • Fat 20

Vegetarian

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🕒 cook: 45 min

R2339



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Soup	2 ppl	3 ppl	4 ppl	
Carrot	2	2	3	Piece
Sweet potatoes	400	400	600	Grams
Red onion	1	2	2	Piece
Celery	1	1	2	Piece
Small zucchini	1	2	2	Piece
Garlic cloves	3	4	5	Piece
Olive oil	2	3	4	Tbsp
Tomato paste	30	50	70	Grams
Water	800	1000	1200	ML
Vegetable stock cube 15*	1	2	2	Piece
Chopped tomatoes	400	400	800	Grams
Dried thyme	2	2	2	Grams
Dried oregano	2	2	2	Grams
Dried bay leaves	1	2	2	Piece
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
White beans	240	240	480	Grams
Baby spinach	60	90	125	Grams
To serve				
Parmesan 4*	30	45	60	Grams
Green pesto 2*, 4*	50	75	100	Grams

Allergens

*15 Celery, *4 Milk, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2707 / 649
Fat (g)	20.4
of which saturates (g)	5
Carbohydrate (g)	92
of which sugars (g)	26.7
Fiber (g)	24.8
Protein (g)	25.8
Salt (g)	3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Peel and chop the **carrots, sweet potato** and **onion**. Chop the **celery** and **zucchini**. Peel and mince the **garlic**.

Tip! The smaller the vegetables are chopped, the faster the soup will cook!



2 Fry base

Heat a drizzle of **oil** in a large pot over a medium high heat. Add the **onions, carrots, sweet potatoes, celery** and **garlic**. Cook for 7-8 min.



3 Simmer

Add the **tomato paste, water, stock cubes, chopped tomatoes, thyme, oregano** and **bay leaves**. Cover and simmer over a low heat for 20 min. Season with **salt** and **pepper** to taste.



4 Add beans

Meanwhile, grate the **Parmesan**. Drain and rinse the **white beans**.



5 Add zucchini

Add the **zucchini** to the **soup** and cook for 10 min further. Add the **spinach** and **beans** and cook for a final 5-7 min or until the **zucchini** is cooked through.



6 Serve

Taste and season the **soup**. Divide the **soup** amongst bowls and top with the **green pesto** and grated **Parmesan**.