

# Hearty Tomato Soup

## with Cheesy Pesto Toasties

hellóchef

Homemade soup and toasties – is there a more comforting combination?

Cals 591 • Prot 19 • Carbs 44 • Fat 39

Vegetarian

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R3082



Before you start

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

Ingredients

Tomato soup	2 ppl	3 ppl	4 ppl	
Tomatoes	4	6	8	Piece
Garlic cloves	3	4	6	Piece
Red onion	1	1	2	Piece
Carrot	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Tomato paste	30	50	70	Grams
Chopped tomatoes	400	400	800	Grams
Water	600	900	1000	ML
Vegetable stock cube 15*	1	2	2	Piece
White balsamic vinegar 14*	15	22	30	ML
Honey	15	15	30	Grams
Dried basil	2	2	2	Grams
Cooking cream 4*	100	200	200	ML
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Pesto cheese toasties				
Butter 4*	20	30	50	Grams
Sourdough bread slices 10*, 11*	4	6	8	Piece
Green pesto 2*, 4*	30	50	75	Grams
Grated cheddar 4*	60	90	120	Grams

Allergens

\*15 Celery, \*14 Sulphur Dioxide, \*4 Milk, \*10 Wheat, \*11 Gluten, \*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)	2455 / 591
Fat (g)	39.4
of which saturates (g)	25.1
Carbohydrate (g)	44
of which sugars (g)	27.4
Fiber (g)	11.1
Protein (g)	18.7
Salt (g)	2.1

\*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

Slice the **tomatoes** into wedges. Peel and roughly chop the **garlic, onion** and **carrots**.



2 Fry soup base

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **carrot** and fry for 5 min. Add the **garlic** and **tomato paste** and cook for 1-2 min further.



3 Simmer soup

Add the fresh **tomatoes, chopped tomatoes, measured water, vegetable stock cube, white balsamic vinegar, honey** and **dried basil**. Bring to a boil, cover and simmer for 20 min. Add the **cream** and, using a stick blender, puree until smooth. Season with **salt** and **pepper**.



4 Make toasties

Meanwhile, **butter** one side of each slice of **bread**. On the other side, spread the **pesto** and top with the **cheddar** cheese. Make sandwiches (with the buttered sides on the outside). Heat a pan over a medium heat and fry the **toasties** for 3 min on each side until golden brown.

**Tip!** Place a second pan directly on top of the toasties when frying. Weigh them down with something heavy (like cans of beans!) to get the perfect finish.



5 Serve

Serve the **soup** with the **toasties** on the side.