



DINNERLY



Tomato Soup with Parmesan Crisps

 20-30min  2 Servings

Make tomato soup chunky by adding carrots, celery and creamy cannellini beans. Then make it extra delicious by serving with parmesan crisps baked in the oven. Happy family? You betcha.

WHAT WE SEND

- 400g can white cannellini beans
- 5g chilli powder
- 1 celery stalk, 2 carrots
- 390g pack diced Italian tomatoes
- 50g parmesan ⁷
- 2 vegetable stock cubes

WHAT YOU NEED

- boiling water
- olive oil
- sea salt and pepper

TOOLS

- baking paper
- Colander
- grater
- large saucepan
- oven tray

As all of our veggies come straight from the farm, we recommend giving them a rinse before use.

Oven temperatures are for fan-forced. For conventional ovens, increase heat by 20C.

COOKING TIP

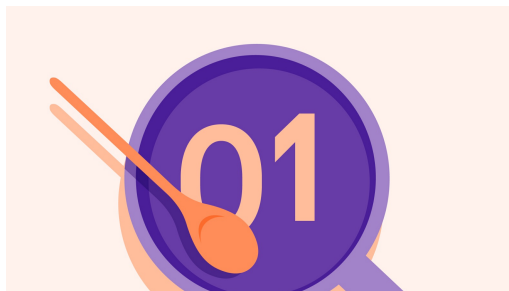
Add the chilli powder to taste or omit completely if you don't like heat. The remaining chilli powder won't be used in this dish.

ALLERGENS

Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 460.0kcal, Fat 18.0g, Proteins 23.9g, Carbs 37.5g



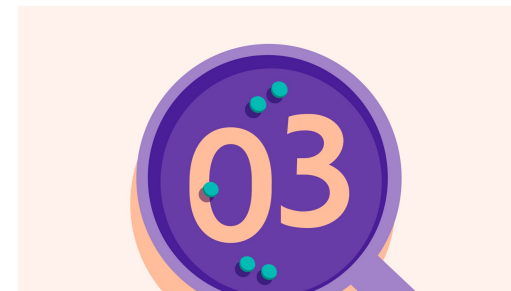
1. Grate parmesan

Preheat the oven to 200C. Line an oven tray with baking paper. Finely grate the **parmesan**.



2. Prep ingredients

Peel and finely chop the **carrots**. Finely chop the **celery**. Crumble the **stock cubes** into a heatproof jug, pour over **750ml (3 cups) boiling water** and stir to dissolve. Drain and rinse the **cannellini beans**.



3. Start soup

Heat **1 tbs olive oil** in a large saucepan over medium heat and cook the **carrot** and **celery**, stirring, for 5 mins or until softened.



4. Add tomatoes

Add the **diced tomatoes, stock** and a **pinch of chilli powder** (see Cooking Tip) and bring to the boil. Reduce the heat to low and cook for 15 mins. Add the **cannellini beans** and cook for a further 5 mins or until thickened slightly. Season to taste with **salt and pepper**.



5. Serve up

Meanwhile, sprinkle the **parmesan** onto the baking tray, into 4 rounds measuring 8-10cm wide and bake for 8-10 mins until melted and golden brown. Leave for 2 mins to crisp up. Divide the **soup** among bowls and serve with the **parmesan crisps**.



6. Kitchen hack

Recreate this dish by adding a couple of handfuls of quick cooking pasta in step 4 instead of the beans.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 **Packed in Australia
from imported
ingredients**