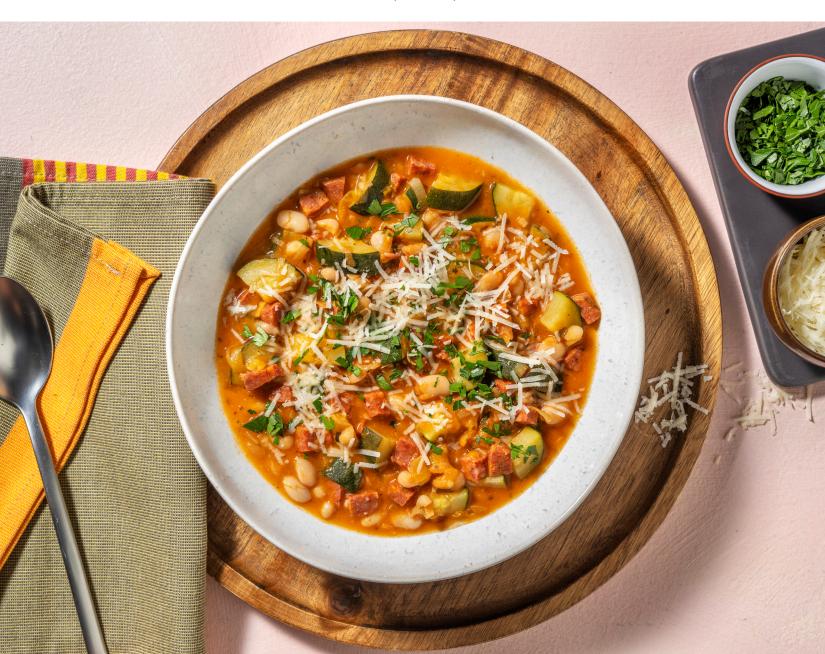


# Chorizo and Bean Soup

with courgettes

Classic 25-30 mins · Optional Spice







Chorizo







Cannellini Beans





**Grated Italian** Style Hard Cheese



Italian Herbs



Parsley



Courgette



Tomato Paste



Vegetable Stock



Dried Chilli Flakes

#### Before you start

Our fruit, veg and herbs need a wash before you use them!

# Ingredients

2P	4P
100 g	200 g
½ unit	1 unit
1 pack	2 packs
25 g	50 g
½ sachet	1 sachet
5 g	10 g
1 unit	2 units
1 pack	2 packs
1 sachet	2 sachets
1 sachet	2 sachets
	100 g ½ unit 1 pack 25 g ½ sachet 5 g 1 unit 1 pack 1 sachet

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	433 g	100 g
Energy (kJ/kcal)	1910.5 kJ/ 456.6 kcal	441.2 kJ/ 105.5 kcal
Fat (g)	18.2 g	4.2 g
Sat. Fat (g)	7.4 g	1.7 g
Carbohydrate (g)	34.5 g	8 g
Sugars (g)	7.6 g	1.8 g
Protein (g)	29.2 g	6.7 g
Salt (g)	5.1 g	1.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

### **Allergens**

7) Milk 10) Celery

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.



# Prep the Veg

- Trim the root and dark green leafy part from half the leek (double for 4p). Halve lengthways, then thinly slice.
- Trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.
- Roughly chop half the parsley (double for 4p), stalks and all.



# Start the Soup

- Heat a drizzle of oil in a large pot (for the soup) on medium-high heat. Once hot, add the leek and season with salt and pepper.
- Cook the **leek** until softened, 4-5 mins, stirring occasionally.
- Add the chorizo and fry until browned, 4-5 mins.
   IMPORTANT: Cook the chorizo thoroughly.



# Simmer the Soup

- Add half the Italian herbs (double for 4p), courgette and cannellini beans. Cook for 1 min, stirring frequently.
- Add tomato paste, stock and 500ml water (double for 4p). Bring to a boil and simmer for 10-12 mins, or until the vegetables are tender.
- Stir in the dried chilli flakes (use less if you don't like spice). Season to taste with salt, pepper and sugar.

TIP: If you're in a hurry you can boil the water in your kettle.



## Dish it Up

- Dish up spoonfuls of healthy, hearty vegetable, cannelini bean and chorizo soup.
- Garnish with the chopped parsley and grated cheese.

# Enjoy!



Thumbs up or thumbs down? Head online or use the app to rate this recipe.

