



# Chorizo and Bean Soup with courgettes

Classic 25-30 mins • Optional Spice

2



Chorizo



Leek



Cannellini Beans



Grated Italian Style Hard Cheese



Italian Herbs



Parsley



Courgette



Tomato Paste



Vegetable Stock



Dried Chilli Flakes

Pantry Items: Oil, Water, Salt, Pepper, Sugar



## Before you start

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

## Ingredients

	2P	4P
Chorizo <b>7)</b>	100 g	200 g
Leek	½ unit	1 unit
Cannellini Beans	1 pack	2 packs
Grated Italian Style Hard Cheese <b>7)</b>	25 g	50 g
Italian Herbs	½ sachet	1 sachet
Parsley	5 g	10 g
Courgette	1 unit	2 units
Tomato Paste	1 pack	2 packs
Vegetable Stock <b>10)</b>	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets

## 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.

## Contact

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## 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.



## Dish it Up

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

## Enjoy!



## 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.