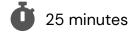




Spanish Bean Soup

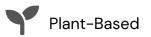
with Croutons

A rich and savoury Spanish bean soup packed with wholesome vegetables and elevated with smoky roast peppers, served with crunchy croutons and fresh parsley to garnish.





2 servings



Spice it up!

Add cayenne pepper to the soup as it simmers, or garnish it with some dried chilli flakes if you prefer a little more spice!

TOTAL FAT CARBOHYDRATES

17g 12g

82g

FROM YOUR BOX

BROWN ONION	1
MEDIUM POTATO	1
CARROT	1
ROAST PEPPERS	1 jar
GREEN BEANS	150g
CORN COB	1
TINNED MIXED BEANS	400g
GF FLATBREAD	1
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, 1 vegetable stock cube, smoked paprika, ground cumin

KEY UTENSILS

large frypan, saucepan with lid, stick mixer or blender

NOTES

You can add a crushed garlic clove to the croutons as they toast.



1. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium heat with 1 tbsp olive oil. Dice onion, potato and carrot. Add to pan as you go. Cook for 3-4 minutes until beginning to soften.



2. SIMMER THE SOUP

Stir in 1/2 tbsp paprika, 1/2 tbsp cumin, 1 crumbled stock cube and 600ml water. Increase heat to medium-high. Semi-cover and simmer for 10 minutes.



3. FINISH THE SOUP

Meanwhile, drain roast peppers and blend using a stick mixer until smooth. Trim and slice green beans. Remove corn from cob. Drain mixed beans. Add all to pan and simmer for a further 10 minutes or until root vegetables are tender.



4. MAKE THE CROUTONS

Dice flatbread and toss with **olive oil.**Toast in a frypan over medium-high heat for 5 minutes until crunchy (see notes).



5. FINISH AND SERVE

Divide bean soup among bowls. Top with croutons. Chop parsley and use to garnish.







