



# Courgette and Pesto Soup

with goat's cheese and croutons

Family Veggie 35-40 mins • Eat me first • Equipment needed

9



Baguette



Onion



Courgette



Potatoes



Hello Muscat



Green Pesto



Goat's Cheese



Garlic



Middle Eastern Style  
Spice Mix

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, blender, peeler, pot with lid

## Ingredients

	2P	4P
Baguette	2 units	4 units
Onion	1 unit	2 units
Courgette	1 unit	2 units
Potatoes	1 unit	2 units
Hello Muscat	2 sachets	4 sachets
Green Pesto	1 sachet	2 sachets
Goat's Cheese	100 g	200 g
Garlic	2 units	4 units
Middle Eastern Style Spice Mix	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	479 g	100 g
Energy (kJ/kcal)	3101 kJ/ 741 kcal	647 kJ/ 155 kcal
Fat (g)	27.8 g	5.8 g
Sat. Fat (g)	10.8 g	2.3 g
Carbohydrate (g)	99.2 g	20.7 g
Sugars (g)	10.8 g	2.5 g
Protein (g)	26.7 g	5.6 g
Salt (g)	6.5 g	1.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

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.

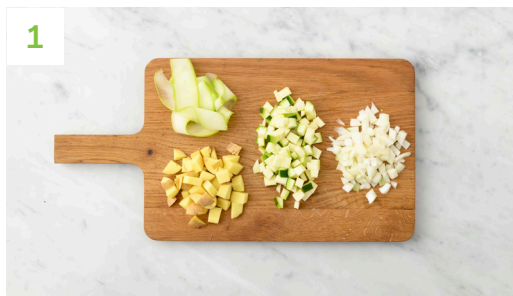
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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil 600ml **water** (double for 4p) in a pot (or your kettle).
- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **onion** into small pieces.
- Cut the **potato** into small cubes (peeling optional).
- Run a peeler lengthways along the **courgette** to create thin ribbons (3 per person). Cut the remaining **courgette** into cubes.



## Make the Croutons

- Roughly tear the **baguettes** into 2cm chunks.
- Pop onto a lined baking tray then toss with a drizzle of **oil** and a pinch of **salt** and **pepper**.
- Warm in the oven until golden brown, 8-10 mins.



## Soften the Veg

- Place a large pot over medium heat with a drizzle of **oil**.
- Add the **onion** and fry until softened, 2 mins.
- Add the **courgette** cubes and **garlic**. Cook, stirring, for 3 mins.



## Finish the Soup

- Remove the soup from the heat and blend until smooth.
- Add a little extra **water** if the soup is too thick.
- Add the **pesto** and stir to warm through.
- Season to taste with **salt** and **pepper**.



## Add the Potatoes

- Raise the heat to high.
- Add the chopped **potatoes**, boiled **water**, **Middle Eastern spice** and **muscat** to the pot.
- Bring back to the boil, cover and cook for 10 mins over medium-low heat.
- Meanwhile, place a pan over medium heat with a drizzle of **oil**.
- Fry the **courgette** ribbons until tender, 4-5 mins. Turn halfway through.



## Garnish and Serve

- Divide the soup between your bowls.
- Top with the crunchy croutons and crumble over the **goat's cheese**.
- Garnish with the tender **courgette** ribbons.

Enjoy!