



# Creamy French Onion Soup

with Cheddar Topped Garlic Croutons

Lunch 35-40 Minutes • 1 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Garlic Clove



Onion



Unsalted Butter



Dried Thyme



Red Wine Stock Paste



Vegetable Stock Paste



Worcester Sauce



Ciabatta



Mature Cheddar Cheese



Chives

**Pantry Items**

Salt, Pepper, Sugar, Plain Flour, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Garlic press, saucepan, bowl, baking tray and grater.

## Ingredients

Ingredients	Quantity
Garlic Clove**	3
Onion	3
Unsalted Butter** 7)	40g
Dried Thyme	1 sachet
Red Wine Stock Paste 14)	28g
Vegetable Stock Paste	10g
Worcester Sauce 13)	15g
Ciabatta 13)	2
Mature Cheddar Cheese** 7)	80g
Chives**	1 bunch

Pantry	Quantity
Sugar*	½ tsp
Plain Flour*	2 tbsps
Water*	500ml
Olive Oil*	1 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3015/721	450/108
Fat (g)	37.7	5.6
Sat. Fat (g)	20.7	3.1
Carbohydrate (g)	78.1	11.7
Sugars (g)	23.5	3.5
Protein (g)	21.0	3.1
Salt (g)	4.81	0.72

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## To Start

- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and thinly slice the **onions**.



## Make the Garlic Croutons

- While the **soup** reduces, preheat your oven to 220°C/200°C fan/gas mark 7.
- Combine in a small bowl the **olive oil** (see pantry for amount) with the remaining **garlic** and **butter**. Season with **salt** and **pepper**.
- Cut each **ciabatta** into 1cm slices, then spread each slice with the **garlic butter**.



## Caramelize the Onion

- Heat **three quarters** of the **butter** in a large saucepan on medium heat.
- Once melted, add the **onions**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 18-20 mins, stirring every few mins.
- Once golden, add the **sugar** and **flour** (see pantry for both amounts) and stir to coat the **onions** evenly in the **flour**.



## Bake and Grate

- Pop the **ciabatta slices** onto a baking tray and bake on the middle shelf of your oven until lightly golden and crisp, 5-6 mins.
- Meanwhile, grate the **Cheddar** and finely chop the **chives** (use scissors if easier).
- Once the **ciabatta slices** are golden, carefully arrange into 2 fan shapes on the tray, ensuring the slices are overlapping slightly. Divide the **cheese** over each **ciabatta** fan and place onto the top shelf of your oven for the **cheese** to melt, 4-5 mins.



## Up the Flavour

- Once the **onions** are coated in the **flour**, add the **dried thyme**, **red wine stock paste**, **veg stock paste**, **Worcester sauce** and **half** the **garlic** to the pan, then stir to combine fully.
- Slowly add the **water** (see pantry for amount), stirring constantly, until all the **water** has been added. Season with **pepper**.
- Bring to the boil, then reduce the heat to medium and allow the **soup** to thicken and reduce, 10-15 mins.



## Finish and Serve

- Stir **three quarters** of the **chives** through the **soup**.
- If your **soup** is a little thick, add a splash of **water** to your **soup**, then divide the **soup** between 2 serving bowls.
- Top each serving of **soup** with a fan of **cheesy garlic ciabatta slices**, then sprinkle over the remaining **chives** finish.

Enjoy!