












Tuscan Ribollita Inspired Soup

with Butter Beans, Sweet Potato, Spinach and Ciabatta Dippers

Quick 20-25 Minutes • 2 of your 5 a day



-  Sweet Potato
-  Leek
-  Garlic Clove
-  Butter Beans
-  Creme Fraiche
-  Vegetable Stock Paste
-  Sun-Dried Tomato Paste
-  Ciabatta
-  Grated Hard Italian Style Cheese
-  Baby Spinach
-  British Smoked Bacon Lardons

Pantry Items
Oil, Salt, Pepper, Sugar

+ Add Bacon Lardons

If you chose to add bacon lardons, then just follow the instructions on the back of this card.
Happy cooking!



Making the best of leftovers, ribollita is a Tuscan soup usually made with scraps of bread, beans, kale or cabbage and any vegetables left in the fridge! Our Tuscan Ribollita Inspired Soup gives homage to this comforting dish, but serves the bread on the side for maximum dipping ability.

Before you start

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

Cooking tools

Baking tray, saucepan, garlic press and sieve.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Leek**	1	1½	2
Garlic Clove**	3	5	6
Butter Beans	1 carton	1½ cartons	2 cartons
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste	10g	15g	20g
Sun-Dried Tomato Paste	25g	37g	50g
Ciabatta 13)	1	2	2
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Baby Spinach**	40g	100g	100g
British Smoked Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Soup*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	616g	100g	661g	100g
Energy (kJ/kcal)	2782 / 665	452 / 108	3270 / 782	495 / 118
Fat (g)	31.2	5.1	40.4	6.1
Sat. Fat (g)	17.4	2.8	20.3	3.1
Carbohydrate (g)	72.8	11.8	73.7	11.2
Sugars (g)	19.1	3.1	19.1	2.9
Protein (g)	21.3	3.5	29.0	4.4
Salt (g)	2.86	0.46	4.09	0.62


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

Allergens

7) Milk 8) Egg 13) Cereals containing gluten

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.

 You can recycle me!

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Roast the Sweet Potato

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potatoes** into 2cm chunks (no need to peel).
- Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.
- When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



Build the Flavour

- Stir in the **creme fraiche**, **vegetable stock paste**, **sun-dried tomato paste**, **butter beans**, **sugar** and **water for the soup** (see pantry for both amounts).
- Bring to the boil, then reduce the heat and simmer until thickened, 4-5 mins.

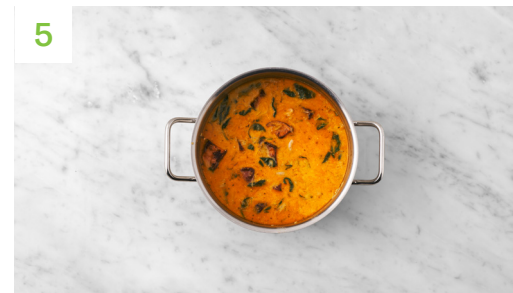


Get Frying

- Meanwhile, trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **leek** and season with **salt** and **pepper**. Cook the **leek**, stirring occasionally, until softened, 4-6 mins.

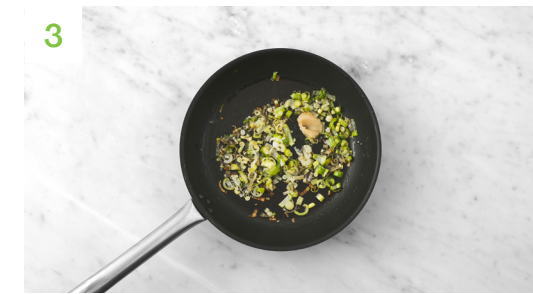
+ Add Bacon Lardons

If you've chosen to add **bacon lardons**, add it to the pan with the **leek**. Cook for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



Final Touches

- Meanwhile, halve the **ciabatta**. Toast the **ciabatta halves** in your toaster until golden.
- When the **soup** has thickened, stir in the **cheese** and **spinach** until the **cheese** has melted and the **spinach** is wilted and piping hot, 1 min.
- When the **sweet potato** is roasted, stir it into the **soup**.
- Taste and season the **soup** with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.



Finish Prepping

- While the **leek** fries, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **butter beans** in a sieve.
- Once the **leek** has softened, add the **garlic** to the pan and fry until fragrant, 1 min.



Serve

- Share the **soup** between your serving bowls.
- Cut the **ciabatta slices** into triangles and serve alongside for dipping.

Enjoy!