



Fish Minestrone

with Kale and Sage



20-30min



2 Portions

There are countless versions of this hearty Italian vegetable soup, with recipes varying region to region, and by the seasons. Our fish minestrone is a clear vegetable-based broth that's wonderfully fragrant with fennel and sage. Instead of pasta or rice, we've used creamy cannellini beans for extra protein and fibre.

What we send

- 1 carrot, 1 red onion and kale
- fennel seeds
- 1 celery stalk, 1 garlic clove and sage
- cannellini beans
- vegetable stock cubes
- ling fillet⁴

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

Utensils

- large saucepan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Fish (4). May contain traces of other allergens.

Nutrition per serving

Energy 460.0kcal, Fat 18.3g, Proteins 37.1g, Carbs 30.7g



1. Prepare vegetables

Finely chop the **onion**. Peel and quarter the **carrot** lengthwise, then cut into 2cm chunks. Halve the **celery** lengthwise, then cut into 2cm chunks. Crush or finely chop the **garlic**. Pick the **sage** leaves, discarding the stems, and finely chop. Remove the **kale** leaves, discarding the stalks, then thinly slice.



2. Prepare other ingredients

Cut the **ling** into 3cm chunks. Put the **stock cubes** in a heatproof jug, add the **boiling water** (see staples list) and stir to combine. Drain and rinse the **cannellini beans** in a sieve.



3. Cook aromatics

Heat the **oil** in a large saucepan over medium-high heat. Add the **onion, garlic, sage** and **half the fennel seeds** (keep the remainder for another use). Cook, stirring, for 1 min or until fragrant.



4. Add stock

Add the **carrot** and **celery**, and cook, stirring, for a further 5 mins or until slightly softened. Season with **salt and pepper**. Add the **stock**, bring to the boil, then reduce heat to a simmer.



5. Add kale and beans

Add the **kale** and **cannellini beans**, and cook, stirring, for 2 mins or until kale starts to wilt.



6. Add fish

Add the **ling** and cook for a further 4-5 mins until the fish is just cooked. Season with **salt and pepper**. Divide among bowls. Drizzle with **extra virgin olive oil** to serve.