

Fennel Minestrone

with Crunchy Haloumi Croutons



20-30min



2 Portions

Imagine a chunky tomato soup with carrot, zucchini, cannellini beans and pasta, then enriched with a double hit of fragrant fresh fennel and fennel seeds. Topped with haloumi 'croutons' - crusted in panko breadcrumbs and pan-fried until crisp and golden - this is the ultimate winter warmer.

What we send

- red onion
- small shell pasta ¹
- baby fennel, zucchini, carrot
- crushed tomatoes
- fennel seeds ¹
- white cannellini beans
- haloumi ⁷
- panko breadcrumbs ¹
- vegetable stock cubes

What you'll require

- balsamic vinegar ¹⁷
- egg ³
- olive oil
- plain flour ¹
- sea salt and pepper
- water

Utensils

- paper towel
- small frypan

Our veggies come fresh from the farm, so please wash them before use.

Cooking tip

This hearty soup can be made with many different types of pasta including risonini and broken up spaghetti.

Allergens

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 875kcal, Fat 41.7g, Carbs 81.2g, Protein 38.2g



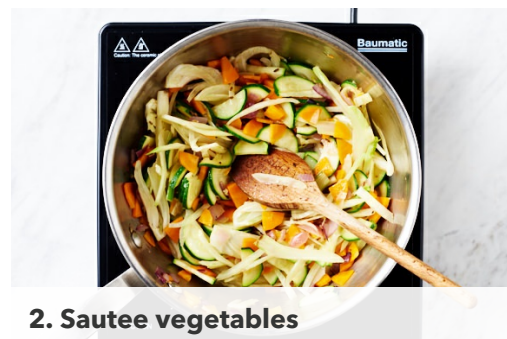
1. Prepare vegetables

Coarsely chop the **onion**. Trim and thinly slice the **baby fennel** lengthwise. Halve the **zucchini** lengthwise, then thinly slice. Quarter the **carrot** lengthwise, then thinly slice. Heat a large saucepan over medium heat. Add **half the fennel seeds** (reserve remainder for another use) and toast, tossing pan, for 1-2 mins until fragrant.



4. Add pasta and beans

Drain and rinse the **cannellini beans**. Add the beans and **65g (1/3 cup) pasta shells** (reserve remainder for another use) to the soup and bring to the boil. Reduce the heat to medium-low, cover with a lid and cook for 12-14 mins until the pasta is soft and the vegetables are tender. Remove from heat and season with **salt and pepper**.



2. Sauté vegetables

Add **1 tbs olive oil** and the **onion** to the fennel seeds in the pan, increase the heat to medium-high and cook, stirring, for 5 mins or until golden. Add the **baby fennel, zucchini** and **carrot** and cook, stirring occasionally, for 5 mins or until starting to soften.



5. Crumb haloumi

While the soup is simmering, put **2 tbs plain flour**, **1 egg** and the **breadcrumbs** in three separate shallow bowls. Whisk the egg. Drain and cut **half the haloumi** into 2.5cm cubes (reserve remainder for another use). Dust the haloumi with flour, shake off excess, then dip in the egg and coat in the breadcrumbs. Put on a plate.



3. Add stock and tomatoes

Crumble the **stock cubes** into a heatproof jug, add **1L (4 cups) boiling water** and stir to combine. Add the **stock, tomatoes** and **1 tbs balsamic vinegar** to the pan and bring to the boil.



6. Fry haloumi

Heat **2 tbs olive oil** in a small frypan over medium heat. In batches, cook the **crumbed haloumi** for 2-3 mins each side until golden. Drain on paper towel. Divide the **minestrone** among bowls and top with the **haloumi croutons** to serve.