

## Fennel Minestrone

with Crunchy Haloumi Croutons



20-30min



4 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

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

## What you'll require

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

## Utensils

- medium frypan
- paper towel

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 800kcal, Fat 41.2g, Carbs 70.6g, Protein 32.5g



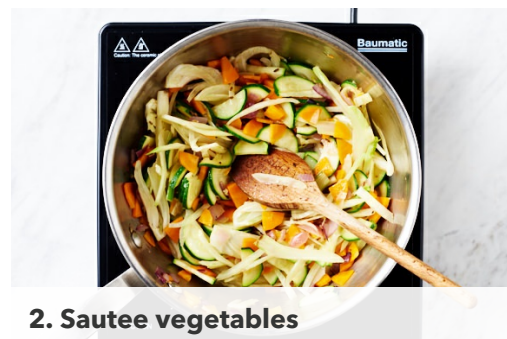
**1. Prepare vegetables**

Coarsely chop the **onions**. Trim and thinly slice the **baby fennel** lengthwise. Halve the **zucchini** lengthwise, then thinly slice. Quarter the **carrots** lengthwise, then thinly slice. Heat a large saucepan over medium heat. Add the **fennel seeds** 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 **130g (2/3 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. Sautee vegetables**

Add **2 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 **50g (1/3 cup) plain flour**, **2 eggs** and the **breadcrumbs** in three separate shallow bowls. Whisk the egg. Drain and cut the **haloumi** into 2.5cm cubes. 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 **1.5L (6 cups) boiling water** and stir to combine. Add the **stock, tomatoes** and **1 1/2 tbs balsamic vinegar** to the pan and bring to the boil.



**6. Fry haloumi**

Heat **80ml (1/3 cup) olive oil** in a **medium 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.