

DINNERLY



 HEALTHY

Green Minestrone with White Beans and Crusty Bread

 20-30 minutes  4 Servings

Don't be fooled by the simplicity of this warming bowl of tasty minestrone, it's big on fresh flavour. All that's needed is crusty bread roll for dunking.

WHAT WE SEND

- 4 vegetable stock cube
- 400g white cannellini beans
- 3 zucchini
- 2 broccoli
- 300g green peas
- 4 sourdough baby baguette^{1,6}

WHAT YOU NEED

- boiling water
- salt and pepper

TOOLS

- baking paper
- large saucepan
- oven tray

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

ALLERGENS

Gluten (1), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 540kcal, Fat 13.7g, Carbs 66.6g, Proteins 24.5g



1. Make stock

Preheat the oven to 200C. Crumble the **stock cubes** into a medium saucepan, add **1.5 (6 cups) boiling water** and stir to combine. Bring to the boil.



2. Prep veggies

Meanwhile, preheat oven grill to medium. Roughly chop the **broccoli stems**, then cut the broccoli head into florets. Cut the **zucchini** into 1cm chunks. Drain and rinse the **cannellini beans**.



3. Cook veggies

Add the **broccoli stems** to the stock, reduce the heat to low and cook for 2 mins. Add the **broccoli florets, zucchini** and **half the peas** and cook for 3-4 mins until the vegetables are just tender.



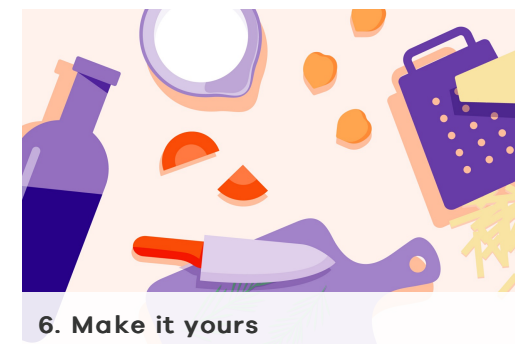
4. Warm bread

Meanwhile, put the **bread** on an oven tray and bake for 8-10 mins until warmed through.



5. Serve up

In a bowl, roughly mash the **remaining peas** and season with **salt and pepper**. Add the **mashed peas** and **cannellini beans** to the soup, bring to the boil and cook for 2-3 mins until warmed through. Season with **salt and pepper**. Divide the **green minestrone** among bowls and serve with the **crusty bread**.



6. Make it yours

Add crunch with a smattering of toasted pepitas or slivered almonds scattered over to serve.