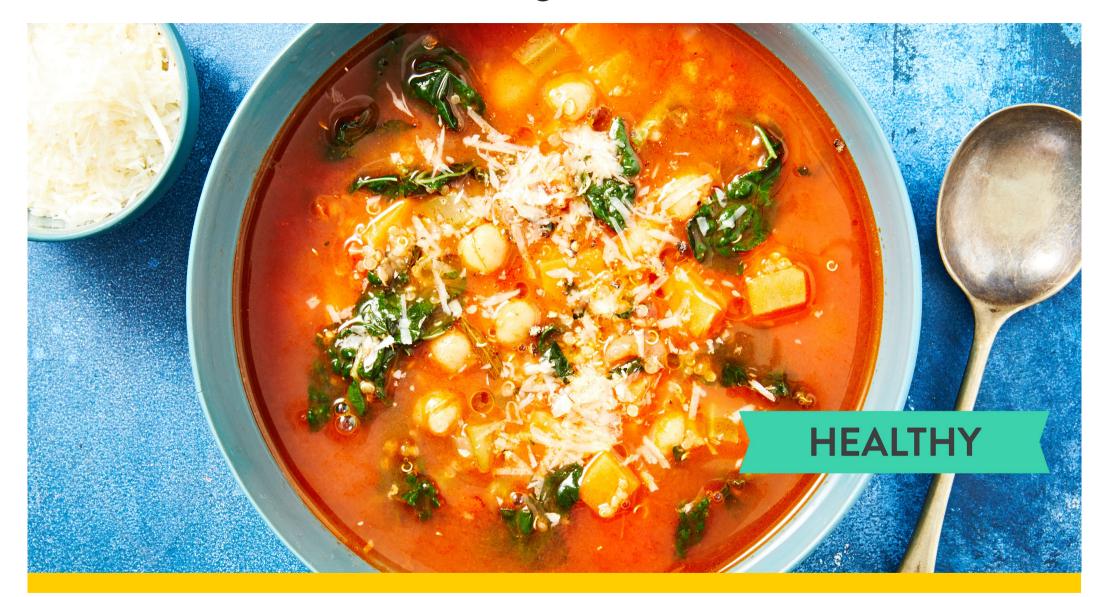
# MARLEY SPOON



# **Sweet Potato Minestrone**

with Kale and Chickpeas

20-30min 2 Portions

This thick, satisfying vegetable soup is a real meal-in-a-bowl, designed to deliver optimal nourishment. With health in mind, we've configured an old-time classic around quinoa and sweet potato to keep things light, lean and balanced. Kale, tomato, chickpeas and celery are at the heart, while hints of fennel seed and rosemary - plus a finish of grated parmesan - evoke flavours of the Italian co...

## What we send

- quinoa
- sweet potato
- chickpeas
- vegetable stock cube
- fennel seeds <sup>1</sup>
- diced tomatoes
- parmesan<sup>7</sup>
- red onion
- Tuscan kale
- rosemary, garlic
- celery

\* The remainder of this ingredient won't be used in this recipe.

# What you'll require

- boiling water
- olive oil

# Utensils

- box grater
- medium saucepan
- sieve

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

### **Cooking tip**

It's important to rinse the guinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

### Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

#### Nutrition per serving

Energy 580kcal, Fat 17.8g, Carbs 70.1g, Protein 23.2g



**1. Prepare ingredients** 

Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **celery** into 1cm chunks. Separate the **kale** leaves from the stems. Finely chop the stems and coarsely chop the leaves. Drain and rinse the **chickpeas**.



2. Make stock

Crumble the **stock cubes** into a heatproof jug, add 750ml (3 cups) boiling water and stir to dissolve.



3. Make soup base

Heat **1 tbs olive oil** in a medium saucepan over medium-high heat. Cook the **onion**, **celery** and **kale stems** for 5 mins or until softened. Add the garlic, rosemary stem and **1 tsp fennel seeds\*\*** and cook, stirring, for 1 min or until fragrant. Stir in the **stock** and half the tomatoes\*\* and bring to the boil. Reduce the heat to medium-low and simmer for 5 mins.



Rinse half the quinoa\*\* well in a sieve, then drain (see cooking tip). Add the guinoa to the soup and cook for 4 mins. Meanwhile, peel the sweet potato and cut into 1.5cm chunks.



5. Cook sweet potato

Add the **sweet potato** to the soup and cook for 8-10 mins until tender. Finely grate the parmesan.



<sup>6.</sup> Get ready to serve

Add the **chickpeas** and **kale leaves** to the soup and cook for 1-2 mins until the kale is tender. Remove the **soup** from the heat and discard the **rosemary stem**, then stir in **half** the parmesan. Taste, then season with salt and pepper. Divide the soup among bowls and scatter with the **remaining parmesan** to serve.



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