



HEALTHY

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 ¹
- diced tomatoes
- parmesan ⁷
- 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 quinoa 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.



4. Cook quinoa

Rinse **half the quinoa**** well in a sieve, then drain (see cooking tip). Add the quinoa 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**.



6. 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.