

# DINNERLY



 **HEALTHY**

 **ONE PAN**

## **Cannellini Bean Minestrone** with Pesto and Peas



20-30 minutes



2 Servings

As comforting as a hug from Nonna, this wintery bowl of minestrone is a cinch to make. Simply chop up greens and saute with garlic. Simmer with tomatoes, beans and stock, then drizzle with basil pesto.

## WHAT WE SEND

- 7,15

## WHAT YOU NEED

- boiling water
- chilli flakes
- olive oil
- sugar
- tomato paste

## TOOLS

- medium saucepan

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

## ALLERGENS

Milk (7), Tree Nuts (15). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 540kcal, Fat 32.2g, Carbs 35.9g, Proteins 16.4g



### 1. Prep ingredients

Drain and rinse the **cannellini beans**. Halve the **leek** lengthwise, then thinly slice the pale stem, discarding any dark green stem. Crush or finely chop **2 garlic cloves**. Cut the **zucchini** into quarters lengthwise, then thinly slice.



### 2. Make stock

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



### 3. Start soup

Heat **1 tbs olive oil** in a medium saucepan over medium-high heat. Cook the **leek** and **garlic**, stirring, for 2-3 mins until softened. Add the **tomatoes, cannellini beans, stock, 1 tbs tomato paste, 1 tsp sugar** and **1/8 tsp chilli flakes**, if using, and bring to the boil.



### 4. Simmer soup

Reduce the heat to medium-low. Cook for 12 mins to develop flavour. Add the **zucchini** and **half the peas** (the remaining peas won't be used in this dish, see Make it yours) and cook for 3 mins or until the zucchini is tender. Remove the pan from the heat. Taste, then season with **salt and pepper**.



### 5. Serve up

Divide the **soup** among bowls, drizzle with the **pesto** and enjoy!



### 6. Make it yours

To keep within our healthy eating guidelines, only use half of the peas. However, if you wish to add all the peas, the dish will still taste delicious. Serve with crusty bread to mop up the soupy goodness.