

# DINNERLY



 HEALTHY

 ONE PAN

## Cannellini Bean Minestrone with Pesto and Peas

 20-30 minutes  4 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

- large 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 35.8g, Proteins 16.3g



### 1. Prep ingredients

Drain and rinse the **cannellini beans**. Halve the **leeks** lengthwise, then thinly slice the pale stem, discarding any dark green stem. Crush or finely chop **3 garlic cloves**. Cut the **zucchini** into quarters lengthwise, then thinly slice.



### 2. Make stock

Crumble the **stock cubes** into a heatproof jug, add **1.5L (6 cups) boiling water** and stir to dissolve.



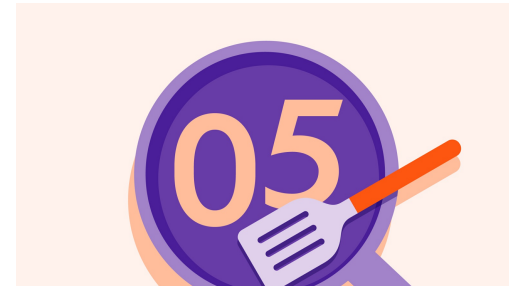
### 3. Start soup

Heat **2 tbs olive oil** in a large saucepan over medium-high heat. Cook the **leek** and **garlic**, stirring, for 2-3 mins until softened. Add the **tomatoes, cannellini beans, stock, 2 tbs tomato paste, 2 tsp sugar** and  $\frac{1}{4}$  **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 **peas** 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

Serve with crusty bread to mop up the soupy goodness.