

MARLEY SPOON



Spring Minestrone Soup



20-30min



4 Portions

When summer is not quite here yet and you've just managed to escape the winter chill, you need something that's light and comforting at the same time. Well look no further! This simple minestrone soup has been inspired by spring produce and will leave you satisfied and refreshed all at once.

What we send

- baby spinach leaves
- green peas
- macaroni ¹
- nut mix ¹⁵
- parmesan ⁷
- parsley
- chopped tomatoes
- vegetable stock concentrate
- carrot
- celery
- leek

What you'll require

- butter ⁷
- salt and pepper

Utensils

- large saucepan
- small frypan

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

Allergens

Gluten (1), Milk (7), Tree Nuts (15).
May contain traces of other allergens.

Nutrition per serving

Energy 475.0kcal, Fat 17.8g, Proteins 21.7g, Carbs 51.3g



1. Prepare vegetables

Discard root end and dark green part of **leek**. Halve lengthwise and thinly slice. Thinly slice the **celery**. Halve the **carrot** lengthwise and thinly slice on the diagonal.



2. Cook vegetables

Melt 30g **butter** in a large saucepan over medium heat. Cook the **leek, celery** and **carrot**, stirring, for 7 mins or until vegetables begin to soften.



3. Add liquid

Add 1.25L (5 cups) water, the **vegetable stock concentrate** and the **chopped tomatoes** and bring to the boil. Reduce the heat and simmer for 10 mins or until slightly reduced and vegetables are soft.



4. Prepare garnish

Meanwhile, pick the **parsley** leaves (discard stems) and finely chop. Coarsely grate the **parmesan cheese**. In a small cold frypan, toast the **nut mix** over medium heat for 3 mins or until golden.



5. Add pasta and peas

Add the **pasta** and half of the **parsley** to the soup and cook for 8 mins or until the pasta is almost al dente. Add the **peas** and cook for a further 2 mins or until the pasta is al dente.



6. Get ready to serve

Stir through the **spinach** and cook for 30 secs or until just wilted. Remove from the heat and season generously with **salt**. Sprinkle the soup with the **cheese, toasted nut mix, remaining parsley** and **pepper**.