

MARLEY SPOON



Spring Minestrone Soup



30-40min



2 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

- parmesan ⁷
- green peas
- macaroni ¹
- parsley
- chopped tomatoes
- vegetable stock concentrate
- watercress
- lemon
- carrot
- celery
- leek

What you'll require

- butter ⁷
- salt and pepper

Utensils

- large saucepan

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

Allergens

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

Nutrition per serving

Energy 655.0kcal, Fat 17.3g, Proteins 31.4g, Carbs 84.3g



1. Prepare vegetables

Halve **leek** lengthwise and thinly slice. Thinly slice the **celery**. Halve the **carrot** lengthwise, then slice on the diagonal. Zest the **lemon**. Pick the **watercress** sprigs (discard the thick stalks).



2. Cook vegetables

Melt 15g **butter** in a large saucepan over medium heat. Cook the **leek, celery, carrot** and **lemon zest**, stirring, for 7 mins or until vegetables begin to soften.



3. Add liquid

Add 750ml (3 cups) water, **vegetable stock concentrate** and **chopped tomatoes** and bring to the boil. Reduce heat and simmer for 10 mins or until reduced slightly and vegetables are soft.



4. Add pasta and peas

Pick the **parsley** leaves (discard stems) and chop. Add the **pasta** to the soup and cook for 8 mins. Add the **peas** and cook for a further 2 mins or until the pasta is al dente. You may need to add another 250ml (1 cup) water here to return to a soup-like consistency.



5. Prepare garnish

Cut the **lemon** into wedges. Grate the **cheese**.



6. Get ready to serve

Stir the **parsley** and $\frac{3}{4}$ of **watercress** sprigs into the soup and cook for 30 secs or until just wilted. Remove from heat and season with **salt and pepper**. Sprinkle the soup with **cheese** and remaining watercress and serve with **lemon wedges**.