



# Classic minestrone soup

with beans and veggies

Grab your meal kit with this sticker



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot



Pantry items needed: olive oil, tomato paste, salt, freshly ground pepper



Hands-on: 15-20 minutes  
Ready in: 35-40 minutes



No preparations steps required before you start cooking



Serves: 2 or 4



Cooking times vary, depending on your equipment. The shorter cooking times are indicative for 2 serves, the longer ones for 4.

This colourful, veggie-packed, classic Italian soup is simple yet delicious. Featuring borlotti beans and La Molisana pasta, it is hearty and comforting without being heavy. Easy to make, good for the whole family and packed with essential nutrients!

JUST VEGAN! | FAMILY FRIENDLY | WEIGHT LOSS | Great for leftovers, Freezer friendly

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Onion	2	1
Celery + carrot	1 bag	1 bag
Potato	2	3
Garlic	1 clove	4 cloves
Olive oil*	1 tbsp	2 tbsp
Tomato paste*	2 tbsp	4 tbsp
Herb mix	1 packet	1 packet
Diced tomatoes	1 can	2 cans
Water for soup*	4 cups	8 cups
Vegetable stock cube	1	2
Elbow pasta	1 packet	1 packet
Bay leaf	1 packet	1 packet
Kale	1 bag	1 bag
Lemon	1	1
Parsley	1 bag	1 bag
Borlotti beans	1 can	2 cans
Salt*	1/2 tsp	1 tsp
Freshly ground pepper*	1/2 tsp	1 tsp
Vegan parmesan	1 tub	1 tub

\* Pantry items

# Instructions

## 1 Prepare vegetables

Finely dice **onion** and **celery**. Cut **carrot** in half lengthways and slice into half moons, 1/4cm-thick. Cut **potato** into 1cm cubes. Mince **garlic**.

## 2 Cook soup

In a large pot over medium heat, add **olive oil\***, **onion**, **celery** and **carrot** and cook, uncovered, stirring regularly, until **onions** are translucent, about **5-6 minutes**. Add **potato**, **garlic**, **tomato paste\*** and **herb mix** and cook, uncovered, stirring regularly, for **2 minutes**. Add **diced tomatoes**, **water for soup\***, **vegetable stock cube**, **elbow pasta** and **bay leaf** and stir to combine. Bring to a boil and then reduce to a simmer and cook, covered, stirring occasionally, for **10 minutes**.

## 3 Prepare remaining ingredients

Strip **kale** leaves from the stems (tip 1) and finely slice leaf only. Juice **lemon** (use **1/2 for 2 serves** and **1 for 4 serves**). Discard tougher lower stems of **parsley** and roughly chop remaining. Set aside some leaves for garnish. Drain and rinse **borlotti beans** in a sieve.

## 4 Finish soup

Add **kale**, **beans**, **salt\*** and **freshly ground black pepper\*** to the pot and cook, covered, stirring occasionally for a further **5 minutes**, or until **pasta** is cooked and **potatoes** are soft when pierced with a fork. Remove from the heat.

## 5 Season soup

Add **lemon juice** and **parsley** (not the garnish) and stir to combine (tip 2).

## 6 Serve

Serve in deep bowls and top with **vegan parmesan**, remaining **parsley** and extra **freshly ground black pepper\*** to taste.

## Cooking tips

1. To remove the kale from the stem, hold the stem at the base in one hand and wrapping your other hand around the base of the foliage, slide it towards the tip to strip the leaves away.

2. If soup is too thick, add boiling water in small increments until the desired consistency is achieved.

## Allergens and ingredients

Allergens: contains cereals containing gluten.

May contain traces of other allergens.

For full details of allergen and ingredient information, visit the recipe page at [www.justaddvegan.com](http://www.justaddvegan.com) or call (02) 8773 4584.

## Nutritional information\*

	Per 859g serve	Per 100g
Energy	1990kJ (476Cal)	232kJ (55Cal)
Protein	21.7g	2.5g
Fat, total	8.6g	1.0g
- Saturated	2.1g	0.2g
Carbohydrate	66.7g	7.8g
- Sugars	18.3g	2.1g
Sodium	537mg	63mg

\* Nutritional information is based on averages.