

Minestrone Soup with Parmesan

Equipment:

Bowls – 1 medium, 1 large
Colander
Saucepans – 1 large, 1 stockpot
Chopping boards
Knives – 1 small, 1 large
Peeler
Measuring jug, spoons and cups
Wooden spoon
Grater
Ladle
Soup bowls or mugs for serving

Ingredients:

400g canned borlotti beans
4 onions
5 cloves of garlic
4 carrots
4 sticks of celery
1/2 cup extra-virgin olive oil
2 tablespoons of butter
2 x 400g can chopped tomatoes
4 litres of chicken stock
3 bay leaves
8 cabbage or kale leaves
200g green beans
4 zucchinis
Freshly ground black pepper
160g parmesan cheese (grated)

What to do:

1. Set out chopping boards and knives.
2. Peel and dice onions and place in the medium bowl. Peel and finely chop the garlic and add to the onion. Set aside.
3. Peel and dice carrots and celery, and place in the large bowl. Put all vegetable scraps in the compost bucket.
4. Heat the oil and butter in the stockpot over a medium to high heat, and when the butter foams, tip in the onion and garlic. Stir for 2 minutes then add carrot and celery. Add the drained Borlotti beans, tinned tomatoes, chicken stock and bay leaf. Cover with the lid and bring to the boil.
5. Reduce the heat and simmer for 30 minutes.
6. Meanwhile, cut away the central stalks from the cabbage/kale, and then shred the leaves and place in the large bowl. Trim the ends of the green beans, then chop them into 2cm pieces and add to the cabbage.
7. Cut the zucchini into 1 cm dice and add to the cabbage. Place all vegetable scraps in the compost bucket.
8. Lift the lid of the stockpot and tip in the cabbage, beans and zucchini. Give the soup a big stir, then replace the lid and cook for another 10 minutes. Taste the soup and add salt & pepper.
9. To serve, ladle the soup into the serving bowls, top each bowl with a bit of Parmesan and drizzle with olive oil.

TIP

To make stock: add 1 teaspoon of stock powder to 2 cups of water.