



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: HOLY SMOKE

Holy Smoke uses carefully selected fresh, natural and 100% WA local ingredients. They share our strong beliefs in supporting our local community.

4. CHORIZO BUCKWHEAT MINESTRONE

A hearty tomato minestrone soup packed with veggies and topped with smokey chorizo from Holy Smoke, finished with fresh basil.

 35 Minutes

 4 Servings

1 June 2020

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
16g	8g	47g

FROM YOUR BOX

CHORIZO	1 packet (250g)
BROWN ONION	1
CELERY STICKS	2
CARROT	1
BUCKWHEAT	1 packet (150g)
CHICKEN STOCK PASTE	1 jar
WHOLE PEELED TOMATOES	400g
KALE	1/2 bunch *
BASIL	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried Italian herbs

KEY UTENSILS

large saucepan with lid

NOTES

Add some grated parmesan or nutritional yeast at the end for a cheesy finish.

No pork option - chorizo is replaced with smoked chicken. Slice and add chicken to the soup at step 5.



1. COOK THE CHORIZO

Heat a saucepan over medium heat with **oil**. Slice chorizo and add to pan. Cook for 3-4 minutes until crispy. Remove to plate, leaving oil in pan.



2. SAUTÉ THE VEGETABLES

Dice onion, celery and carrot. Add to pan as you go along with **2 tsp dried Italian herbs** and more **oil** if needed. Add buckwheat and cook for 5 minutes until vegetables are softened.



3. SIMMER THE SOUP

Increase pan heat to medium-high. Stir in stock paste. Add whole peeled tomatoes and lightly crush with spoon. Pour in **5 cups water (1.25L)**, cover and simmer for 15 minutes.



4. ADD THE KALE

Slice kale leaves and stir through soup. Simmer for a further 2-3 minutes until wilted.



5. FINISH AND PLATE

Stir cooked chorizo through soup. Season to taste with **salt and pepper**. Divide soup among bowls. Garnish with basil leaves.