



Product Spotlight: Parsley

Flat-leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



Beef Minestrone with Herby Bread

A heartwarming minestrone with beef mince and diced root vegetables, cooked with a tomato and oregano base and served with crusty, buttery pull-apart bread.



30 minutes



2 servings



Beef

Make Cheese Toast!

Slice the bread loaf and top with grated cheese. Grill in the oven until golden and melty. Cut into soldiers and enjoy as dippers for the soup!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	18g	122g

FROM YOUR BOX

BROWN ONION	1
CELERY STICK	1
ZUCCHINI	1
SWEET POTATO	300g
MEDIUM POTATO	1
BEEF MINCE	300g
TOMATO SUGO	1 jar
WHOLEMEAL FIVE SEED LOAF	1
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried oregano, ground paprika

KEY UTENSILS

large saucepan with lid, oven tray

NOTES

You can melt the butter if you don't have some already softened, or use olive oil instead.

No gluten option – wholemeal loaf is replaced with GF bread.



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1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat a large saucepan over medium-high heat with **oil**. Chop onion, celery and zucchini. Dice sweet potato and potato into 1cm pieces. Add all of the vegetables to the pan as you go. Cook for 5 minutes until beginning to soften.



4. TOAST THE BREAD

Slice bread without cutting all the way through. Combine **2 tbsp softened butter** with **2 tsp dried oregano** (see notes). Spread butter into cuts of the loaf. Toast in oven for 5 minutes.



2. BROWN THE BEEF

Add beef mince, **1 tsp paprika** and **1 tsp oregano**. Cook for 5 minutes, breaking mince up as you go.



5. FINISH AND SERVE

Season minestrone with **salt and pepper** to taste. Divide among bowls and serve with oregano bread. Chop parsley and use to garnish.



3. SIMMER THE SOUP

Stir in tomato sugo and **2 cups water**. Cover and simmer for 15 minutes or until root vegetables are tender.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

