



### 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 soup 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
	43g	45g	97g

## 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.



### 3. SIMMER THE SOUP

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



### 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.

**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**

