



### 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



4 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
	34g	15g	83g

## FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
ZUCCHINI	1
SWEET POTATOES	600g
MEDIUM POTATOES	2
BEEF MINCE	600g
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 potatoes and potatoes 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, **2 tsp paprika** and **2 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 **4 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**

