

**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



4/6 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
	41g	23g	75g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CELERY STICKS	2	3
ZUCCHINI	1	1
SWEET POTATOES	600g	600g
MEDIUM POTATOES	2	4
BEEF MINCE	600g	600g + 300g
TOMATO SUGO	1 jar	2 jars
WHOLEMEAL FIVE SEED LOAF	1	1
PARSLEY	1 packet	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**, **2-3 tsp paprika** and **2-3 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.

6P – stir in tomato sugo and 5 cups water.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

