



### Product Spotlight: Silverbeet

Silverbeet is high in antioxidants and vitamins A, K, and C. It is also a great source of folate and fibre.



## Smokey Bean Minestrone

A hearty minestrone soup with white sweet potato and silverbeet flavoured with rich smokey beans, and finished with a rosemary and parmesan sprinkle.



30 minutes



2 servings



Plant-Based

24 March 2023

## Slow cook it!

*You can prepare this meal in the morning and slow cook it, ready for dinner when you come home! Add some lemon zest or chopped parsley for extra freshness when serving.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	9g	78g



## FROM YOUR BOX

BROWN ONION	1
CELERY STALK	1
CARROT	1
WHITE SWEET POTATO	1
ROSEMARY STALK	1
PARMESAN TOPPING	1 sachet
SILVERBEET	1 bunch
JIM JAM BEANS	1 jar

## FROM YOUR PANTRY

olive oil, salt, pepper, 1 stock cube (of choice), smoked paprika, dried chilli flakes (optional)

## KEY UTENSILS

large saucepan with lid

## NOTES

You can dice the vegetables quite chunky if preferred and increase the simmer time until they are tender.

You can slice the silverbeet stems as well as the leaves!



### 1. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium heat with **olive oil**. Dice onion, celery, carrot and sweet potato (roughly 2cm, see notes). Add all to pan as you go.



### 2. SIMMER THE SOUP

Crumble in **1 stock cube** and stir in **1 tsp paprika**. Pour in **3 cups water** and stir until combined. Increase heat to medium-high, cover and simmer for 15 minutes or until vegetables are tender.



### 3. PREPARE THE SPRINKLE

Finely chop rosemary leaves. Combine with parmesan topping and **1/2 tsp chilli flakes** (optional).



### 4. ADD SILVERBEET & BEANS

Shred silverbeet (use to taste) and add to pan along with Jim Jam beans (see notes). Stir until combined and silverbeet is wilted. Season to taste with **salt and pepper**.



### 5. FINISH AND SERVE

Divide minestrone among bowls, garnish with parmesan sprinkle.



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