



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



4 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
	13g	7g	54g

FROM YOUR BOX

BROWN ONION	1
CELERY STALKS	2
CARROT	1
WHITE SWEET POTATOES	500g
RED CAPSICUM	1
ROSEMARY STALK	1
PARMESAN TOPPING	2 sachets
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!



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1. SAUTÉ THE VEGETABLES

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



2. SIMMER THE SOUP

Crumble in **1 stock cube** and stir in **2 tsp paprika**. Pour in **1.2L 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 tsp chilli flakes** (optional).



4. ADD SILVERBEET & BEANS

Shred silverbeet 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.

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**

