

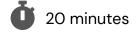




Minestrone

with Mozzarella Toasties

Hearty tomato-based minestrone, filled with veggies and kidney beans and served with wholemeal rye bread and mozzarella cheese toasties.





4 servings



Spice it up!

Garnish the minestrone with some dried chilli flakes or slices of red chilli! Add some slices of fresh tomato or leafy greens to the toasties if desired.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

33g 17g

75g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
CELERY STICKS	2
GARLIC CLOVE	1
TINNED KIDNEY BEANS	2 x 400g
VEGETABLE STOCK PASTE	2 jars
TOMATO PASSATA	1 jar
RYE WHOLEMEAL BREAD	1 loaf
SHREDDED MOZZARELLA CHEESE	1 packet
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan, large saucepan

NOTES

Omit the thyme from the toasties if preferred.

Cook the toasties in a sandwich press if you have one.

No gluten option - rye wholemeal bread is replaced with gluten-free bread.





1. PREPARE THE VEGETABLES

Dice onion and carrots. Thinly slice celery. Crush garlic. Drain and rinse kidney beans.



2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Add onion, celery and carrots to pan along with **1 tbsp thyme**. Sauté for 5 minutes. Add garlic and cook for a further minute.



3. SIMMER THE SOUP

Add kidney beans and vegetable stock to saucepan. Pour in tomato passata along with 1L water. Stir to combine. Simmer, covered, for 10 minutes. Season to taste with salt and pepper.



4. MAKE THE TOASTIES

Meanwhile, slice bread to desired thickness. Fill with mozzarella. Top each toastie with a drizzle of **oil** and sprinkle over **a pinch of thyme** (see notes).



5. COOK THE TOASTIES

Heat a frypan (see notes) over mediumhigh heat. Add toasties, in batches if necessary, and cook for 2 minutes each side or until golden and cheese is melted.



6. FINISH AND SERVE

Roughly chop parsley leaves.

Divide soup among bowls. Garnish with parsley and serve with toasties.

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