




Product Spotlight: Fennel


Fennel can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews or roasted.



2 Minestrone Soup with Toasted Almonds, Parsley and Lemon

Tomato based minestrone soup with parsnip, leek, fennel, spinach and hearty butter beans, topped with fresh parsley, lemon juice and toasted almonds.

 25 mins

 4 servings

 Plant-Based

9 April 2021

Spice it up!

Dried chilli flakes are a great addition to a warming and hearty minestrone soup, especially on a cold day.

Per serve: **PROTEIN** 20g **TOTAL FAT** 7g **CARBOHYDRATES** 41g

FROM YOUR BOX

PARSNIPS	2
LEEK	1/2 *
FENNEL	1
TOMATO PASTE	2 sachets
TINNED BUTTER BEANS	2x 400g
ALMONDS	1/2 packet (40g) *
PARSLEY	1/3 bunch *
LEMON	1/2 *
ENGLISH SPINACH	1 bunch

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano, stock cube (1)

KEY UTENSILS

saucepan with lid, frypan

NOTES

Make sure to give your english spinach a good rinse to remove any grit.



1. PREPARE VEGETABLES

Dice parsnips, slice leek and fennel.



2. SAUTÉ VEGETABLES

Heat a saucepan over medium-high heat with **oil**. Add parsnip, leek and fennel with **2 tsp dried oregano** and tomato paste. Cook for 5 minutes, stirring.



3. SIMMER THE SOUP

Pour in **1.2 L water** and tinned butter beans (including liquid), crumble in **stock cube**. Lower heat to medium, cover with lid and simmer for 15 minutes until vegetables are tender. Season with **salt and pepper**.



4. PREPARE TOPPING

Heat a frypan over medium-high heat. Chop almonds, toast in pan for 5–8 minutes. Finely chop parsley, and combine with juice of 1/2 lemon and almonds. Season with **salt and pepper**.



5. ADD SPINACH

Rinse and slice spinach leaves (see notes) and stir through soup. Let soup sit with the heat off for 2 minutes to cook the spinach.



6. FINISH AND PLATE

Divide soup evenly among bowls. Sprinkle over even amounts of topping.

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

