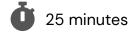


## **Beef Minestrone**

## with Cheesy Toasts

A hearty tomato base soup with diced root vegetables and beef mince, served with melty grilled cheese toasts on the side!





2 servings



# Mix it up!

You can add some tinned beans to simmer in the soup to stretch the dish. Finish the soup with any fresh herb you may have on hand - basil, parsley or oregano will work well!

SEE

#### FROM YOUR BOX

| RED ONION               | 1/2 *           |
|-------------------------|-----------------|
| CELERY STALK            | 1               |
| COURGETTES              | 2               |
| BEEF MINCE              | 300g            |
| DICED ROOT VEGETABLES   | 1 bag (300g)    |
| CHOPPED TOMATOES        | 400g            |
| FIVE SEED LOAF          | 1               |
| SHREDDED CHEDDAR CHEESE | 2/3 packet *    |
| CHIVES                  | 1/3 bunch *     |
| VEGGIE STOCK PASTE      | 1/2 jar         |
| FRESH CHICKPEA PASTA    | 1 packet (250g) |

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil, oil/butter for cooking, salt, pepper, ground paprika, dried thyme

#### **KEY UTENSILS**

large saucepan with lid, oven tray (optional)

#### **NOTES**

You could also use a sandwich press to make the cheese toasts.

No beef option - beef mince is replaced with chicken mince. Cook for the same time as beef mince.

No gluten option - bread is replaced with GF bread.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



### 1. SAUTÉ THE VEGETABLES

Set oven grill to 220°C (see notes).

Heat a large saucepan over medium-high heat with **oil**. Chop onion, celery and courgettes. Add to pan as you go. Cook for 5 minutes until softened.



#### 2. BROWN THE BEEF

Add beef mince, 2 tsp ground paprika and 1 tsp dried thyme. Cook for 5 minutes, breaking mince up with a spoon.

Step VEG OPTION - Stir in 1/2 tbsp ground paprika, 1 tsp dried thyme and 1/2 jar stock paste.



#### 3. SIMMER THE SOUP

Stir through diced root vegetables and chopped tomatoes. Pour in 1 tin (400ml) water. Cover and simmer for 10 minutes or until root vegetables are tender.

VEG OPTION - Stir through root vegetables and chopped tomatoes. Cover and simmer for 5 minutes then add pasta. Simmer for further 5 minutes.



## **4. MAKE CHEESY TOASTS**

Slice bread and spread with 2 tbsp olive oil/butter. Sprinkle with dried thyme and top with grated cheddar cheese. Grill in oven for 3-5 minutes until cheese is melted.



#### **5. FINISH AND PLATE**

Season minestrone with **salt and pepper**. Divide among bowls and garnish with sliced chives. Serve with cheesy toasts.

