



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Celery

Celery can easily get dehydrated in the fridge if left uncovered. To revive, cut off the base and the leaf ends, place into a bowl or glass of water in the fridge for a couple of hours and voila!



1 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!

 25 minutes

 2 servings




 Beef

10 September 2021

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!

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)

*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.




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.



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.

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




5. FINISH AND PLATE

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



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.

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**

