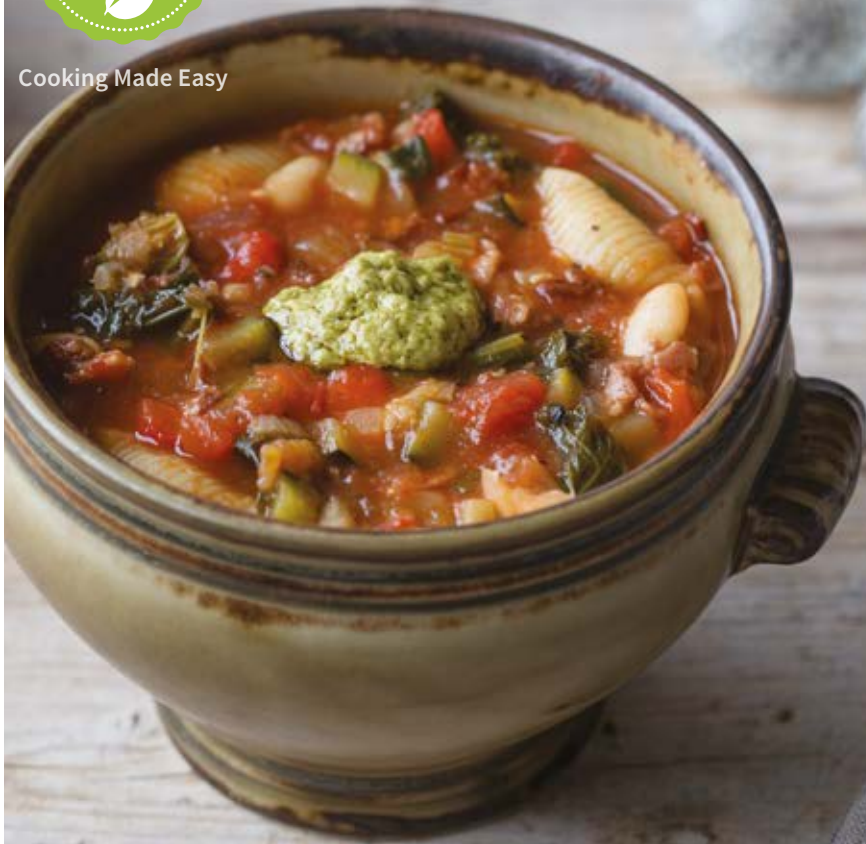




Cooking Made Easy



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A Minestrone Soup with Conchiglie, Bacon & Fresh Pesto

If you were firing a space rocket to the moon then chances are you'd want to get your sums right. Fortunately, the art of making a smashing soup is not quite so precise. For this fantastic minestrone recipe we've given you all the steps and ingredients you need to make the perfect soup. If there happens to be a little of this and that left over though, feel free to add it into the pan so you've got some lunch the next day. Perfect for an impromptu spacewalk!



25 min



level 2



one pot
wonder

Ingredients

	2P	4P
Garlic Clove, diced	1	2
Red Onion, diced	½ cup	1 cup
Red Pepper, cubed	1	2
Courgette, cubed	1 cup	2 cups
Bay Leaf	1	2
Smoked Bacon	2 - 3 slices	6 slices
Organic Cannellini Beans	1 tin	2 tins
Cavolo Nero	2 cups	4 cups
Chicken Stock Pot	1	2
Organic Chopped Tomatoes	1 tin	2 tins
Conchiglie Pasta (g) 1	50 grams	100 grams
Pesto 2	2 tbsp	4 tbsp
Fresh Thyme ⊕	2 sprigs	4 sprigs
Celery, cubed	1 stick	2 sticks

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Gluten | 2) Milk

Nutrition per serving

Calories: 700kcal,
Protein: 46g, Carbs: 51g,
Fat: 35g, Saturated Fat:
11g

Measuretool

0 cm 1 cm 2 cm
| | |



1 Boil a large pot of water.

2 Peel and finely dice the onion and garlic. Cut the red pepper in half, de-seed and cut into small cubes. Cut the celery and courgette into small cubes. Cut the bacon into small strips.

3 Dissolve the chicken stock pot in 600ml of your boiling water in a bowl or jug and set to the side. Add ½ tsp salt to the remaining water and cook the pasta for 8-10 mins until al dente.

4 Whilst the pasta is cooking, heat another saucepan over medium-high heat and add the bacon strips. Cook until crisp and brown on the outside.

5 Add the thyme, onion, red pepper, garlic and celery and cook for 4 mins until the vegetables are translucent. Add the courgette and cook for 1-2 mins more.

6 Add the bay leaf, stock, tomatoes, cavolo nero, ½ tsp salt and a good grind of black pepper. Cook over medium-low heat for 15-20 mins or until the vegetables are tender.

7 Drain and rinse the cannellini beans and add to the saucepan along with the cooked and drained conchiglie pasta. Stir everything together and cook for 1-2 mins more.

8 Serve the soup into bowls with a tbsp of pesto drizzled over the top of each bowl.

