



# Spring Minestrone

with Cheddar, Pesto and Spinach

Spring Greens 20 Minutes • 4 of your 5 a day • Veggie



Macaroni



Onion



Roasted Spice and Herb Blend



Tomato Passata



Vegetable Stock Paste



Baby Spinach



Mature Cheddar Cheese



Mixed Beans



Fresh Pesto

**Pantry Items**

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, measuring jug, colander, grater and sieve.

## Ingredients

Ingredients	2P	3P	4P
Macaroni <b>13</b>	90g	135g	180g
Onion**	1	2	2
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Baby Spinach**	100g	120g	150g
Mature Cheddar Cheese** <b>7</b>	40g	60g	80g
Mixed Beans	1 carton	1½ cartons	2 cartons
Fresh Pesto** <b>7</b>	50g	82g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Reserved Pasta Water*	350ml	500ml	700ml
Sugar*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2291 /547	521 /125
Fat (g)	21.2	4.8
Sat. Fat (g)	7.3	1.7
Carbohydrate (g)	58.9	13.4
Sugars (g)	13.9	3.2
Protein (g)	23.8	5.4
Salt (g)	2.57	0.58

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Cook the Pasta

**a)** Boil a full kettle. Pour the **boiled water** into a medium saucepan with **½ tsp salt** and bring back to the boil.

**b)** When boiling, stir the **macaroni** (see ingredients for amount) into the **water** and bring back to the boil. Cook until tender, 12 mins.

**c)** Reserve some **pasta water** (see pantry for amount) in a jug.

**d)** Once cooked, drain in a colander and pop back into the pan with a drizzle of **oil** to stop it sticking together.



## Cheese Please

**a)** Meanwhile, grate the **cheese**.

**b)** Drain and rinse the **mixed beans** in a sieve.



## Build the Flavour

**a)** While the **pasta** cooks, halve, peel and chop the **onion** into small pieces.

**b)** Heat a drizzle of **oil** in a large saucepan on medium-high heat.

**c)** When hot, add the **onion** to the pan and stir-fry until softened, 4-5 mins.

**d)** Add the **roasted spice and herb blend, passata, vegetable stock paste, reserved pasta water and sugar** (see pantry for amount). Stir to combine.



## Minestrone Time

**a)** Stir the **cooked macaroni, beans and pesto** into the **soup**.

**b)** Taste and season with **salt and pepper** if needed.

**c)** Add a splash of **water** if it's a little thick.



## Simmer your Soup

**a)** Stir the **spinach** into the **soup** a handful at a time until wilted.

**b)** Bring to the boil, then reduce the heat and simmer until the **spinach** is piping hot, 1-2 mins.



## Spring has Sprung

**a)** Share your **spring minestrone** between your bowls.

**b)** Sprinkle over the **cheese** to finish.

Enjoy!