



More Than Food
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Fresh Minestrone Soup with Bacon and Conchiglioni

If you were firing a space rocket to the moon then chances are you'd want to get your sums right. Luckily, 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 leftover though, feel free to add it into the pan, so you've got some lunch the next day. Perfect for an impromptu spacewalk!



25 mins



lactose free



healthy



one pot wonder



Chicken Stock Pot



Red Onion



Garlic Clove



Red Pepper



Celery



Courgette



Thyme



Bacon



Cavolo Nero



Bay Leaf



Organic Chopped Tomatoes




Conchiglioni



Organic Cannellini Beans

Ingredients

| | 2P | 4P |
|--------------------------|-------------|-------------|
| Chicken Stock Pot | 1 | 2 |
| Red Onion, chopped | ½ | 1 |
| Garlic Clove, chopped | 1 | 2 |
| Red Pepper, chopped | 1 | 2 |
| Celery, chopped 1 | 1 stick | 2 sticks |
| Courgette, chopped | 1 | 2 |
| Thyme | 2 sprigs | 4 sprigs |
| Bacon | 3 rashers | 6 rashers |
| Cavolo Nero, chopped | 1 small bag | 1 large bag |
| Bay Leaf | 1 | 2 |
| Organic Chopped Tomatoes | 1 tin | 2 tins |
| Conchiglioni 2 | 50g | 100g |
| Organic Cannellini Beans | 1 tin | 2 tins |

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | 2) Gluten

Nutrition per serving: Calories: 466 kcal | Protein: 28 g | Carbs: 63 g | Fat: 12 g | Saturated Fat: 3 g



1 Boil a 600ml pot of water with your stock pot.



2 Peel and finely chop the onion and garlic. Cut the core out of the pepper, slice into strips 1cm wide and then chop into small 1cm pieces. Chop the celery and courgette into 1cm pieces and pull your thyme leaves off their stalks. Cut the bacon into strips roughly 1cm wide and roughly chop your cavolo nero.



3 Heat a saucepan over a medium heat and add 1 tsp of oil and the bacon strips. Cook until crisp and brown on the outside.



4 Add the thyme leaves, onion, garlic, red pepper and celery to the pan and cook for 4 mins until the vegetables are translucent, then add the courgette and cook for 2 mins more.

5 Add the bay leaf, boiling stock, chopped tomatoes, cavolo nero, ¼ tsp of salt and a good grind of black pepper. Cook over medium-low heat for 5 mins and then add the pasta and cook for a further 12 mins or until the vegetables are tender and the pasta is al dente.

Tip: Pasta is 'al dente' when it is soft enough to eat yet has a slight firmness left in the middle.

6 Drain and rinse the cannellini beans and when the vegetables are soft and the pasta is cooked, add them to the pan. Stir everything together and cook for 1-2 mins more.

7 Serve the soup into bowls.