



MINISTRONE

Recipe by Lyndon Gee

- serves 4
- prep 10 mins
- cook 15 mins

Ingredients

- Dash of any vegetable oil
- 400g mixed vegetables, chopped (e.g. onion, peppers, carrot, mushrooms, cabbage)
- 500ml vegetable stock (stock cube is fine)
- 50g pasta (any dried pasta or broken spaghetti)
- 1 x 400g tin chopped tomatoes
- 1 teaspoon each dried oregano and basil
- 1 x 400g tin mixed beans, drained
- Pinch salt and pepper
- 60g grated cheese to serve (Parmigiano, cheddar or any cheese)

1 Add oil to a pan and mix in the vegetables, stirring regularly for 5 minutes until starting to brown.

2 Add the stock, bring to the boil then reduce the heat, add the pasta and cook for 6-7 minutes with the lid on.

3 Now add tomatoes, herbs and beans cover again and simmer, stirring occasionally.

4 Check the pasta is cooked, season if needed, then put into bowls and serve sprinkled with grated cheese.

Each portion contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
225	10g	7g	3.5g	2g	8.8g
11%	11%	10%	18%	33%	37%

of an adult's guideline daily amount

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Minestrone

This hearty soup has its origins in ancient Roman cuisine and is still widely made across Italy. There is no set recipe as it varies with what's available and in season. It can be vegetarian or contain meat but almost always contain beans and either pasta or rice. With crusty bread it makes a satisfying meal.

Chef's tip from Lyndon

If using more delicate vegetables such as sugar snap peas, baby corn or mange tout, add them after 10 minutes cooking time.

Use up

Add leftover cooked chicken or sausages cut into pieces. Add cooked vegetables or 120g cooked pasta at the last minute. Baked beans, limp lettuce and celery are all good additions.

Variations

You can use most vegetables. Try shredded cabbage, frozen peas, green beans, runner beans, courgettes, aubergines, fresh tomatoes, broccoli, leeks, parsnip or spinach.

Extra flavour

Try adding smoked ham, salami or chorizo, a blob of pesto or a clove of crushed garlic. Add a pinch of chilli if you like spicy food. Or add fresh herbs such as basil, parsley or chives.



Freezer advice

For best results, cool down quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or in a saucepan on the hob, heating thoroughly until piping hot.



Vegetarian and vegan options

Try adding some tofu or vegetarian meat alternative. Or stir in garlic and herb soya cream cheese just before serving instead of dairy cheese.



Allergy advice

Can be made with gluten-free pasta or use 50g rice instead. Gluten-free stock cubes are widely available. Use lactose/dairy-free cheese. If you're avoiding tomatoes, just use double the stock instead.

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