

Good for freezing



Minestrone

Serves 1

1½ tsp olive oil

½ onion, peeled and finely chopped

1 carrot, peeled and chopped

1 stick celery, chopped

1 tomato, diced

2 tsp tomato puree

1 vegetable stock cube

300ml boiling water

75g macaroni or other short pasta

50g sweet potato, diced

75g tinned borlotti or kidney beans (drained weight)

75g kale or cabbage, shredded

10g finely grated parmesan

Method

Heat the oil in a deep saucepan, add the onion, carrot and celery and fry gently for 5 minutes until soft. Stir in the tomato and tomato puree, cook for a couple of minutes then crumble in the stock cube. Pour in the boiling water then bring to the boil. Add the pasta and sweet potato and simmer for 5 minutes. Add the beans and kale and cook for a further 3–4 minutes until the pasta and sweet potato are cooked through.

Pour into a warmed soup bowl, scatter over the parmesan and serve.

Alternative ingredients

To make this dairy-free, swap the parmesan for an extra 40g of tinned borlotti beans.

Tips

This recipe is great for batch cooking. Make double or triple the recipe of the sauce (without the parmesan) then divide into portions and freeze some for later use.

The best way to freeze this dish is to leave it to cool completely then spoon portions into individual freezer bags. Lay on a tray and freeze flat.