



Everything But The Chef

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WK30  
2015



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## Risoni Minestrone with Tuscan Kale

Get back to basics with Italy's favourite winter comfort dish. Hearty soup shouldn't be stodgy, so we're using fresh tomatoes to keep things lively, as well as nutrient-dense Tuscan kale (also called cavolo nero). The authentic borlotti beans add a creaminess that makes this soup the gift that keeps giving.



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



one pot wonder



level 1



nut free

**Pantry Items:** Olive Oil, Hot Water



Brown Onion



Carrot



Celery



Garlic



Vegetable Stock



Tomatoes



Risoni



Borlotti Beans



Cavolo Nero



Parsley



Parmesan Cheese

2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
1	1½	brown onion, finely diced	A
1	2	carrot, peeled & finely diced	B
1 stalk	2 stalks	celery, finely diced	
2 cloves	3 cloves	garlic, peeled & crushed	⊕
2 tsp	1 tbs	vegetable stock	
4 cups	8 cups	hot water *	
2	4	tomatoes, roughly diced	⊕
½ cup	1 cup	risoni	
1 tin	2 tins	borlotti beans, drained & rinsed	C
2 leaves	4 leaves	cavolo nero, destemmed & finely sliced	
1 bunch	2 bunches	parsley, finely chopped	
½ block	1 block	Parmesan cheese, finely grated	

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	1830	Kj
Protein	20.3	g
Fat, total	11.9	g
-saturated	3.3	g
Carbohydrate	53.5	g
-sugars	9.6	g
Sodium	695	mg

#### Measuretool

0 cm	1 cm	2 cm



A

**You will need:** chopping board, chef's knife, garlic crusher, strainer, grater, large saucepan with a lid and stirring spoon.

**1** Heat the **olive oil** in a large saucepan over a medium-high heat. Add the **onion, carrot and celery**. Cook, stirring, for **5 minutes** or until the vegetables are soft. Add the **garlic and tomato** cook for **2 minutes** or until fragrant. Add the combined **vegetable stock and hot water, risoni and borlotti beans**. Bring to the boil. Reduce heat to a medium-low heat and cover with a lid. Simmer for **10 minutes**.



B

**2** Remove the lid and stir through the **cavolo nero**. Season generously with **salt and pepper**. Simmer uncovered for **5 minutes** or until the cavolo nero has wilted. Remove from the heat and stir through the **parsley**.

**3** To serve, divide the hearty soup between bowls. Top with the **Parmesan cheese** and a drizzle of olive oil if you desire.



C



2

**Did you know?** Cavolo nero is also known as Tuscan or black kale and has been grown in Tuscany since 600BC.