



# UCCOOK

## Classic Minestrone Soup

with mini elbow pasta & veggies

Traditional and delicious minestrone soup coming right up! So comforting and so divine; this minestrone soup may be made in a flash, but that doesn't take away from it being packed with hearty veg, tender pasta pieces and overall fantastic flavours!

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People


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**Chef:** Hannah Duxbury

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 Veggie

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 Boschendal | 1685 Merlot

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## Ingredients & Prep

2	Onions <i>peeled &amp; cut into wedges</i>
240g	Carrot <i>peeled (optional) &amp; sliced into rounds</i>
400g	Baby Marrow <i>rinsed &amp; cut into bite-sized chunks</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
40ml	Tomato Paste
20ml	NOMU Provençal Rub
800g	Cooked Chopped Tomato
300g	Mini Elbow Pasta
15g	Fresh Parsley <i>rinsed &amp; finely chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. VEGGIE, VEGGIE NICE!** Place the pot over a medium-high heat with a drizzle of oil and knob of butter (optional). Add the onion wedges and fry for 6-8 minutes until soft and translucent, shifting occasionally. Add the carrot rounds and the baby marrow chunks and fry for 6-8 minutes until slightly softened, shifting occasionally. Add the grated garlic, the tomato paste, and the rub. Fry for 1 minute until fragrant, shifting constantly.

**2. SOUPER, KEEP GOING!** Add the cooked chopped tomato, 1.6L of water, and the pasta to the pot of veg. Reduce the heat and leave to simmer for 15-20 minutes, stirring occasionally. On completion, the veg and pasta should be cooked through. Season to taste. A minestrone is traditionally a very thin soup, so don't worry if it's very thin!

**3. MINESTRONE MAGIC!** Dish up a hearty helping of the veggie-packed minestrone soup. Garnish with the chopped parsley and dig in, Chef!



## Chef's Tip

Be careful not to over salt your soup before it's finished cooking! As the water simmers and evaporates, the salt will intensify. So make sure you season lightly and then well at the end.

## Nutritional Information

Per 100g

Energy	330kj
Energy	79Kcal
Protein	3g
Carbs	16g
of which sugars	4.1g
Fibre	2.2g
Fat	0.3g
of which saturated	0.1g
Sodium	105mg

## Allergens

Gluten, Allium, Wheat

Cook  
within  
4 Days