

Curtis Stone's minestrone soup

- Sesame-free
- High in Dietary Fibre
- Shellfish-free
- No added sugar
- Nut-free
- Egg-free
- Peanut-free
- High in Protein
- Seafood-free
- 2 serve Veg or Fruit

A family-friendly dinner that everyone will love, Curtis Stone's take on classic minestrone soup is filled with veggies, pasta and crispy prosciutto. This warming bowl is sure to hit the spot.

- Serves: 6
- Cooktime: 45 mins
- Preptime: 15 mins



Ingredients

- 2 1/2 tbs extra virgin olive oil, divided
- 6 slices Provedore Prosciutto

- 2 carrots, peeled, finely chopped
- 1 brown onion, finely chopped
- 2 celery sticks, finely chopped
- 4 garlic cloves, finely chopped
- 1 tbs tomato paste
- 2 rosemary sprigs, leaves picked, finely chopped
- 4 cups (1L) salt-reduced chicken stock
- 400g can diced tomatoes
- 400g can chickpeas, rinsed, drained
- 40g parmesan with rind
- 100g small pasta shells
- 100g baby spinach leaves
- 1 cup chopped flat-leaf parsley
- 1 lemon, rind finely grated, juiced

Nutritional information

Per Serve Energy: 1244kJ/298 Cals (14%), Protein: 15g (30%), Fat: 12g (17%), Sat fat: 3g (13%), Carb: 26g (8%), Sugar: 8g (9%), Fibre: 8g (27%), Sodium: 1216mg (61%)
Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Heat 2 tbs oil in a large saucepan over medium-low heat. Cook prosciutto, turning, for 6 mins or until crisp. Transfer to a plate lined with paper towel. Add carrots, onions, celery, garlic, tomato paste and rosemary to the pan. Season. Cook, stirring occasionally, for 8-10 mins or until vegetables are tender.

2. Step 2

Add the stock, diced tomatoes, chickpeas, 2 cups (500ml) water and 2 tsp salt to the pan. Cut rind from the parmesan and add to the pan, reserving remaining parmesan. Increase heat to medium. Cover and bring to a simmer. Cook for 15 mins. Add the pasta and return to a simmer. Cook, uncovered, stirring occasionally, for 10 mins or until pasta is just tender. Remove from heat. Add spinach and stir until just wilted.

3. Step 3

In a small bowl, combine the parsley, lemon rind, 2 tsp lemon juice and the remaining oil.

4. Step 4

Break the prosciutto into pieces and stir into the soup. Ladle the soup among serving bowls and top with the parsley mixture. Finely grate reserved parmesan over the soup. Top with prosciutto and season with pepper to serve.