

SPRING MINESTRONE

INGREDIENTS

Ingredients:

2 Tbsp olive oil

6 green onions

2 large garlic cloves

450gms potatoes cut into 2cm chunks

1 can of tomatoes, chopped before using

4 cups vegetable stock or chicken stock

Salt

1 cup zucchini, roughly chopped

1 can of butter beans, rinsed and drained

1 cup peas (fresh or frozen)

250gms asparagus, cut into 1-inch chunks

2 cups greens (chard, spinach, kale, etc),
sliced into thin ribbons

Up to 1/4 cup pesto

Grated parmesan or pecorino cheese for
garnish (omit for vegan version)

1 teaspoon black pepper

METHOD

Step 1

To begin prepre your vegetables, chop the onions, garlic, peel and cut the potatoes, and slice the zucchini into discs

Step 2

Now in a dutch oven add some olive oil then sauté the onions, once softened but not browned add the garlic cook for 1 minute. Now add the potatoes and cook 1 minute more.

Step 3

Now add the tomatoes, stock, salt, and then simmer:

Step 4

Bring to a simmer, add salt to taste, then cover and cook over medium-low heat for 15 minutes.

Step 5

Now add the cannellini beans, finely shredded kale and zucchini discs and cook for another 5-minutes

Step 6

Finally add the peas and cut asparagus spears, and cook on a low heat until the potatoes and all vegetables are cooked.

Step 7

Turn off the heat and stir in the pesto. Add black pepper and more salt to taste (depending on how salty your stock is, you may need to add 1 to 2 teaspoons of salt).

Step 8

Serve topped with grated cheese.

THE COOKERY

by The Secret Jozi Chef