

Roast Veggie Minestrone

with Basil Pesto & Parmesan Crisps

Grab your Meal Kit with this symbol



Carrot



Zucchini



Garlic



Celery



Tomato



Silverbeet



Lentils



Grated Parmesan Cheese



Tomato Paste



Garlic & Herb Seasoning



Vegetable Stock Powder



Basil Pesto

Hands-on: 15-25 mins
 Ready in: 30-40 mins
 Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

Brimming with a vibrant veggie medley and hearty lentils, this pesto-adorned minestrone is comfort in a bowl - without the carb overload. And who needs croutons when you have umami Parmesan crisps?

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper
Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
tomato	1	2
silverbeet	1 medium bag	1 large bag
lentils	1 tin	2 tins
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
tomato paste	1 packet	2 packets
water*	2 cups	4 cups
garlic & herb seasoning	1 sachet	2 sachets
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1862kJ (445Cal)	420kJ (100Cal)
Protein (g)	14.9g	3.4g
Fat, total (g)	27.6g	6.2g
- saturated (g)	10.1g	2.3g
Carbohydrate (g)	29g	6.5g
- sugars (g)	15.6g	3.5g
Sodium (mg)	1491mg	336mg
Dietary Fibre(g)	8.7g	2.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Roast the veggies & get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**. Finely chop **celery**. Roughly chop **tomato**. Thinly slice **silverbeet**. Drain the **lentils**.

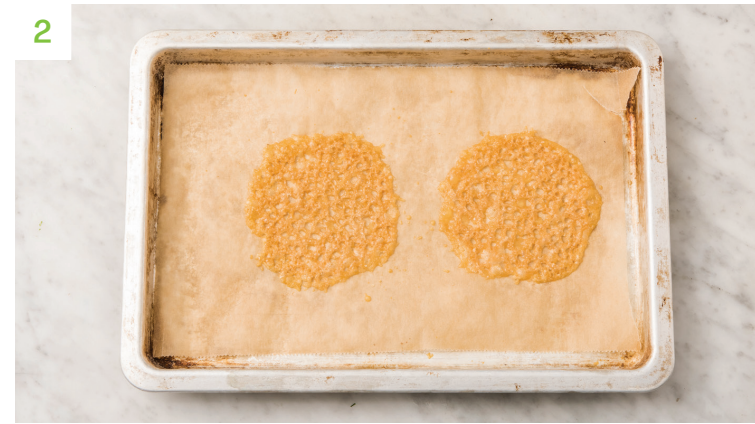
3



Cook the minestrone

- In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook **celery**, stirring occasionally, until slightly softened, **2-3 minutes**.
- Add **tomato paste** and **garlic** and cook, stirring, until fragrant, **30 seconds**.
- Add **tomato**, the **water**, **garlic & herb seasoning**, **vegetable stock powder**, the **butter** and **brown sugar**. Reduce heat to medium-low and simmer, **3-4 minutes**.
- Add **silverbeet**, **lentils** and **roast veggies** and continue to simmer until **silverbeet** has wilted, **1-2 minutes**. Season with **pepper**.

2



Make the Parmesan crisps

- On a second lined oven tray, place **grated Parmesan cheese** in even circles to make two per person.
- Bake until the cheese is golden and crisp around the edges, **6-8 minutes** (these can burn fast, so keep an eye on them!).

TIP: The Parmesan crisps will crisp up as they cool.

TIP: If the Parmesan crisps don't fit on one tray, bake them in batches.

4



Serve up

- Divide roast veggie minestrone between bowls.
- Top with **basil pesto** and Parmesan crisps to serve.

Enjoy!

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