

# Jamie Oliver's Minestrone Recipe

## Ingredients (Serves 8)

- Plum tomatoes (400g)
- Cannellini or butter beans (800g)
- Dried pasta (100g)
- 2 small onions
- 2 carrots
- 2 celery sticks
- 2 fresh bay leaves
- 2 large handful of seasonal greens (savoy cabbage, kale etc)
- 1 clove of garlic
- 1 vegetable stock cube
- 1 tbsp olive oil
- Extra virgin olive oil
- Parmesan cheese, to serve
- Crusty bread, to serve
- Salt and pepper to season

## Method

- Peel and finely chop the onions and garlic. Then, heat one tablespoon of olive oil on medium-high heat in a large casserole pan. Add the garlic, bay leaves and onions.

- Trim and cut the carrots and celery into 1 cm pieces, adding to the pan as you go. Remove any tough stalks from your greens, finely chop them and add them to the pan.
- Cook for 10-15 minutes, stirring regularly. The veggies should soften and start to caramelize.
- Crumble in the stock cube and pour in the tomatoes, breaking them up with the back of a spoon. Then add one tin's worth of water.
- Pour in the beans and season with a pinch of sea salt and black pepper
- Shred the remaining greens and sprinkle them into the pan. Top the dish up with 600ml of boiling water and then add the pasta. Cover and let the dish simmer for 10-15 minutes or until the pasta is just cooked.
- Season with more salt and pepper if needed and serve with a generous grating of parmesan and a drizzle of extra virgin olive oil - as well as a thick wedge of crusty bread.

Et voila! A nutritious soup that you can whip up in no time. If you've run out of pasta, you can easily swap it for rice or even large hunks of bread.