



SUPER GREEN MINESTRONE

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 490/SERVING



A quick and simple soup full of tender green spring vegetables, creamy cannellini beans and al dente noodles, with basil, fresh lemon juice and cracked black pepper for flavour and depth.

WHAT YOU'LL NEED

- Large pot
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Leek	1 small	1-2
Garlic cloves	2	4
Asparagus	1/3 bunch	2/3 bunch
Zucchini	1	2
Kale	1-2 leaves	2-3 leaves
Green peas	1/2 cup	1 cup
White beans	2/3 cup	1 1/3 cup
Noodles	120 g	240 g
Broth powder	3 tbsp	6 tbsp
Lemon	1	1



Prep your ingredients: thinly slice the white and light green part of the **leek**, thinly slice the **garlic**, trim and chop the **asparagus**, thinly slice the **zucchini**, de-stem and roughly chop the **kale**, rinse the **beans**, and halve the **lemon**.



In a large pot over medium heat, warm 2 tbsp of **oil** (4 tbsp for 4 servings). Once hot, add the **shallot** and **garlic** and sauté until soft and fragrant, about 3 minutes. Season with **salt** and **pepper**.



Meanwhile, mix the **broth powder** into to 4 cups of **warm water** (8 cups for 4 servings) and set aside.

Pour in the **broth** and bring to a simmer, then add the **noodles** and cook for 5 minutes.



Mix in the **beans**, **asparagus**, and **zucchini** and cook for another 5 minutes.



Add in the **kale** and **green peas**, and cook for a few minutes until the **kale** wilts and the **green peas** are tender. Stir in the **juice of half the lemon** and season with **salt** and **pepper**.

Nutrition Facts		Valeur nutritive	
Per (381 g)			
Pour 1 (381 g)			
Calories 490		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 16 g			21 %
Saturated / saturés 2.0 g			10 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 74 g			
Fibre / Fibres 11 g			39 %
Sugars / Sucres 8 g			8 %
Protein / Protéines 19 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 1010 mg			44 %
Potassium 1100 mg			23 %
Calcium 225 mg			17 %
Iron / Fer 7.5 mg			42 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			