Minestrone

Ingredients

1 clove of garlic

1/4 cabbage

1 onion

1 stick of celery

1 carrot

1 potato

1 tomato

1 rasher of bacon

1 x 10ml spoon oil

1 stock cube (or you could use fresh stock)

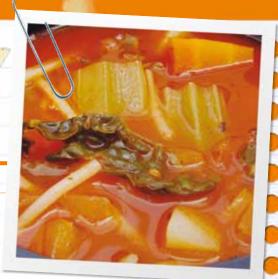
800ml boiling water

1 x 5ml spoon mixed herbs

1 x 15ml spoon tomato puree

Black pepper

25g small pasta shapes or broken spaghetti



Equipment



Method

- 1. Prepare the vegetables and bacon:
 - peel and crush the garlic;
 - shred the cabbage;
 - peel and chop the onion;
 - slice the celery;
 - peel and dice the carrot;
 - peel and dice the potato;
 - chop the tomato;
 - chop the bacon, with a fresh knife on a clean chopping board.
- 2. Fry the onion, garlic and bacon in the oil for 2 minutes.
- 3. Stir in the carrot, celery and potato.
- 4. Add the stock (water and stock cube mixed together).
- 5. Stir in the sliced tomato and finely shredded cabbage.
- 6. Add the mixed herbs, tomato puree and black pepper, bring to the boil and then simmer for 10 minutes.
- 7. Add the pasta and allow to simmer for a further 10 minutes.
- 8. Serve.

Top Tips

- Serve with a sprinkle of parmesan cheese.
- Try different types of vegetables - use what is in season.
- · Add 2x15ml spoons of cannellini beans.

Skills

Preparing an onion Using a knife



V

Boiling & simmering



