

Minestrone



Ingredients

1 clove of garlic	1 x 10ml spoon oil
¼ cabbage	1 stock cube (or you could use fresh stock)
1 onion	800ml boiling water
1 stick of celery	1 x 5ml spoon mixed herbs
1 carrot	1 x 15ml spoon tomato puree
1 potato	Black pepper
1 tomato	25g small pasta shapes or broken spaghetti
1 rasher of bacon	

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
- Boiling & simmering

