NEW! *ORGANIC*

Multigrain Rice

SUMMER MINESTRONE

RECIPE

the source
BULK FOODS

SUMMER MINESTRONE

(V, GF, ONE-POT, 30-MIN-MEAL)

This recipe is a summer twist on the classic minestrone. Instead of tomato, this soup is loaded with vibrant greens, lots of fresh basil and finished with the brightness of lemon. We're keeping it gluten-free by subbing the pasta for our flavour packed Organic Multigrain Rice blend. Perfect for cooler summer evenings with crusty bread and lots of butter or olive oil.

INGREDIENTS

40mL olive oil
1g black pepper, fresh cracked
2g sea salt
1 medium leek
1 celery stick, finely chopped
3 large garlic cloves, very finely chopped
200g Organic Multigrain Rice blend
1.5L high-quality vegetable stock
2 medium zucchinis, cut lengthways and into half rounds

150g baby broad beans or green peas, frozen
100g asparagus, chopped into 3cm lengths
30g fresh basil
Zest of 1 lemon
Juice of a half lemon
17g nutritional yeast, optional

METHOD

1. Place a large pot on the stovetop and warm the oil and black pepper on medium heat for 1min. Remove the dark green end of the leek (you can save it to make vegetable stock or use in another recipe) and finely chop the bottom end. Transfer the leek, celery and salt to the pot and saute until translucent.

2. Add the garlic and the Organic Multigrain Rice blend, stir well to combine and cook for 1min.

3. Pour the vegetable stock into the pot and bring to the boil. Once boiling, reduce the heat to a simmer and cover the pot with a lid. Simmer for 15mins or until the rice is just cooked.

4. Remove the lid from the pot. Add the zucchini rounds and allow the soup to simmer, uncovered, for another 5mins.

5. Add the broad beans (or peas), asparagus, basil, lemon juice, lemon zest and nutritional yeast. Give the minestrone a good stir and taste. Adjust the seasoning to your preference and remove from the heat once the asparagus is bright green and the broad beans have warmed (2-3mins).