

Minestrone Verde

Pea Pesto

- 100g of frozen peas
- 4 cloves of garlic, peeled.
- 1 tbsp. capers
- 80g cashew nuts
- Handful of fresh spinach
- Handful of fresh kale
- 40g basil
- 50g parmesan
- 1 lime
- 4 tbsp. EVOO
- ½ tsp. chilli flakes
- Sea salt and Black pepper

Soup

- 2 leeks halved lengthways and sliced.
- 2 celery sticks finely diced.
- Olive oil for frying
- Green veggies (good options are courgettes (into sliced quarters), asparagus sliced, broccoli, green beans, spring greens, spinach, sliced fennel, any veg you like, I usually use 3 or 4 variations.
- Herbs- a few stems each of rosemary and thyme, tie up with some butcher's string.
- 3 cloves of garlic, crushed.
- 2 pints of vegetable stock
- 100g Pasta- I used Fusilli Bucati Corti broken into smaller pieces, you can use any small pasta or broken up spaghetti.
- 1 tin of cannellini beans
- 1 cup of frozen peas

Sauté leeks and celery in a little olive oil until soft but not browned.

Add the veggies of choice along with the herb bunch. Stir in 3 cloves of crushed or grated garlic and mix well.

Add two huge heap dessert spoons of pea pesto (save the rest for another day in the fridge) and stir through the veggies.

Pour in veg stock and simmer.

Add pasta and let this simmer and cook for 5 mins.

Add peas and cannellini beans, mix well. Keep the soup simmering until the pasta is cooked.

Once the pasta is cooked add fresh basil to serve. Serve with extra parmesan and a drizzle of EVOO.

(If using spinach or kale, add these at the end with the peas/beans)

Tip: Make this #vegan by swapping the Parmesan for Nutritional yeast.