

Italian-style quinoa & vegetable soup

Ingredients

60ml olive oil

1 onion, cut into small cubes

150g celery, cut into small cubes

150g carrots, peeled and cut into small cubes

150g baby marrows, cut into small cubes

4 cloves garlic, chopped

500g fresh ripe plum tomatoes, skinned and chopped

1.51 homemade or fresh vegetable stock

40g quinoa

½ tin cannellini beans

5g basil leaves

Large pinch salt

Large pinch black pepper

10g freshly grated Grana Padano or Parmesan to serve

Method

Sauté the onions, celery, carrots and garlic in olive oil until the onions are translucent.

Add the stock, quinoa and tomatoes and cook until the carrots are almost soft.

Add the baby marrow and beans and simmer for another 20 minutes.

Just before serving, stir in the basil leaves and check seasoning.

To serve, add grated Parmesan and a drizzle of olive oil.

Serving



