

MUSHROOM & MILLET MINISTRONE

How good is soup! A great soup is comforting and nourishing, tasty and satisfying and, for the cook, a never-ending opportunity to be creative. I love simple one-vegetable soups (hello, pumpkin!) but I also love boosting bowl value with greens and grains as we do here, with this hearty, healthy minestrone.

Serves: 8-10 as an entree or 4-6 as a main course



Time: 25 minutes



INGREDIENTS

Pesto

80 grams (2.8 oz) parmesan cheese, cut into 2 cm cubes
120 grams (4.2 oz) raw cashews
1 bunch basil, leaves only
60-80 grams (2-2.8 oz) olive oil

Minestrone

1/2 red onion
2 large carrots (scrubbed, unpeeled), roughly chopped
200 grams (7.05 oz) mushrooms, chopped if large
50 grams (1.8 oz) butter
1 tsp vegetable stock paste
1.5 litres water
100 grams (3.5 oz) millet
1 bunch asparagus, sliced
100 grams (3.5 oz) broccoli florets and stem



METHOD

Pesto

1. Place parmesan in mixing bowl and grate for **6 sec/speed 8**.
2. Add cashews and basil and mix on **speed 6** for about 10 seconds, adding olive oil while it's mixing. Check mixture and if a wetter pesto is desired, mix on **speed 4.5**, adding more oil to create a sturdy but glossy pesto.

Scrape out pesto and set aside to dollop on soup later but be sure to leave a little bit of pesto in the bowl.

Minestrone

3. Place onion, carrots and mushrooms in mixing bowl and chop **10 sec/speed 4.5**.
4. Add butter and sauté **10 min/100°C (212°F)/Reverse/speed 1**. Scrape down.
5. Add stock paste, water and millet. Cook **8 min/100°C (212°F)/Reverse/speed 1**.
6. Add asparagus and broccoli and cook **5 min/100°C (212°F)/Reverse/speed 1**.

Transfer soup into serving bowls and serve with a generous dollop of pesto.

Tips

- Don't fill your mixing bowl beyond the maximum level.
- The millet can sink to the bottom - make sure you get a bit of everything in every bowl.



...continued



Variation

- Try other grains, such as lentils or quinoa or add a tin of beans or chickpeas in the last couple of minutes of cooking time.
- Use other greens, such as green beans, silverbeet or kale, or add small cubes of pumpkin or sweet potato.



MUSHROOM & MILLET MINISTRONE

Serves: 8-10 as an entree
or 4-6 as a main course



SHOPPING LIST:

- Parmesan cheese (80 grams / 2.8 oz)
- Raw cashews (120 grams / 4.2 oz)
- Basil (1 bunch)
- Olive oil (60-80 grams / 2-2.8 oz)
- Red onion (1/2)
- Carrots (2)
- Mushrooms (200 grams / 7.05 oz)
- Butter (50 grams / 1.8 oz)
- Vegetable stock paste (1 tsp)
- Millet (100 grams / 3.5 oz)
- Asparagus (1 bunch)
- Broccoli (100 grams / 3.5 oz)



NOTES & TIPS: