

Asparagus Minestrone

WITH MINTY ALMOND PESTO

Ingredients For the soup: (serves 4-6)

- 1 tablespoon extra virgin olive oil
- 4 green onions, washed and finely chopped
- 1 clove garlic
- 1 tablespoon almond pesto, recipe below or use ready made
- 150g frozen peas
- 150g frozen edamame beans
- 2 bunches of asparagus spears, trim the ends and cut into three
- 500ml fresh chicken or vegetable stock
- 100ml milk (use plant milk here if preferred)
- Salt and freshly ground black pepper



for the Pesto

- 1 bunch (25g) fresh basil leaves
- 1 bunch (25g) fresh mint leaves
- 2 tablespoons ground almonds (or sub with walnuts or pine nuts)
- 100g grated pecorino or parmesan cheese
- 2 cloves garlic
- 6 tablespoons extra virgin olive oil
- Salt and freshly ground black pepper

Method

First make the Pesto:

Place all the ingredients together in a blender or food processor and pulse until a smooth sauce has developed. Add more oil if needed. Chill until required.

Now make the soup:

2. Heat the oil in a saucepan that has a tight fitting lid. Add the green onions and garlic and stir fry for 2-3 minutes until softened.
3. Stir in 1 tablespoon pesto and add the peas and beans. Sauté, covered, for 5 minutes. Add the asparagus, stock and milk and simmer for 8 -10 minutes.
4. Season to taste and serve with a garnish of fresh mint or basil leaves.

Serve the remaining pesto on the side.