



*Family Links*

## Nurturing Recipes

### Verity's Spring Minestrone Soup

#### Ingredients

Serves 4

Ready in 35 minutes

2 tbs olive oil  
2 leeks, sliced  
1 onion, chopped  
1 carrot, chopped  
1 garlic clove, crushed  
1½ (40fl oz) chicken stock or vegetable stock  
made up with marigold organic stock powder  
350g (11oz) frozen peas  
120g (4oz) small pasta shapes  
50g (1¾ oz) spinach leaves, shredded  
2tbsp pesto  
2tbsp flat-leaf parsley, roughly chopped  
Fresh Parmesan, grated



**1** Heat the oil in a large saucepan over a low heat. Add leek, onion, carrot and garlic and cook for 5 minutes, or until soft, stirring.

**2** Add the stock, peas and pasta and bring to the boil. Skim off any froth, reduce the heat and simmer gently for 20 minutes.

**3** Add the spinach and cook until wilted. Then season to taste with salt and freshly ground pepper. Ladle into bowls, sprinkle with parsley and add the pesto. Serve with freshly grated parmesan.

Verity Lowe is the Programme Development Director for Family Links.

If you have any more suggestions for our Nurturing Recipes collection please email [mollie.ashley@familylinks.org.uk](mailto:mollie.ashley@familylinks.org.uk)