

February IN THE ISSUE



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COVER RECIPE ❖

Vegetable & rice minestrone

- 4 tbsp extra-virgin olive oil
 - 50g pancetta, diced
 - 1 large onion, peeled, diced
 - 3 garlic cloves, peeled, crushed
 - 2 carrots, peeled, diced
 - 2 celery sticks, diced
 - 1 tsp thyme leaves
 - 100g trimmed broccoli florets
 - 1 tin plum tomatoes, drained
 - 1.2 litres vegetable stock
 - 2 bay leaves
 - 250g tinned cannellini beans, drained
 - 150g arborio rice
 - 40g Parmesan cheese, grated
 - salt & freshly ground black pepper
- Heat 2 tbsp of olive oil in a large pan. Add the onion and pancetta, cooking gently for 5 minutes, until the onion is soft and translucent.
- Add the garlic, carrots, celery, thyme and plum tomatoes to the pan. Fry for 5-7 minutes, stirring frequently. Next pour in the stock, then add the bay leaves. Bring to the boil.
- Once it's boiling, stir in the rice and season. Simmer for 10 minutes until the rice is almost tender, then add the broccoli florets and cannellini beans and cook for 5 minutes.
- To serve, discard the bay leaves, then stir in the remaining olive oil and the Parmesan cheese.
- Serve immediately with toasted ciabatta. Serves 4.

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