



Pork 'Minestrone'

with Zucchini and Parmesan

Family Friendly 30 Minutes



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Ground Pork



Ground Turkey



Orzo



Ciabatta Roll



Zucchini



Mirepoix



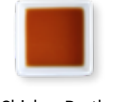
Baby Spinach



Parmesan Cheese,
shredded



Tomato Sauce Base



Chicken Broth
Concentrate



Zesty Garlic Blend

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO ORZO

It looks like rice but it's actually pasta!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, silicone brush, strainer, medium pot, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Ground Turkey	250 g	500 g
Orzo	170 g	340 g
Ciabatta Roll	1	2
Zucchini	200 g	400 g
Mirepoix	113 g	227 g
Baby Spinach	56 g	113 g
Parmesan Cheese, shredded	¼ cup	½ cup
Tomato Sauce Base	2 tbsp	4 tbsp
Chicken Broth Concentrate	2	4
Zesty Garlic Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork and turkey to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1



Prep

- Add **6 cups water** and **1 tsp salt** to a medium pot (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat.
- Meanwhile, cut **zucchini** into ½-inch pieces.

4



Finish minestrone

- Add **tomato sauce base** and **2 tsp** (4 tsp) **Zesty Garlic Blend**. Stir to combine.
- Add **broth concentrates**, **2 ½ cups** (4 cups) **water** and **¼ tsp** (½ tsp) **salt**. Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Simmer until **mirepoix** is tender, 5 min.
- Add **spinach**, **orzo** and **zucchini**, then stir, until **spinach** wilts, 1 min. Season with **salt** and **pepper**, to taste. (**TIP:** If you prefer a brothier soup, add more water, ¼ cup at a time.)

2



Cook orzo

- Add **orzo** to the **boiling water**.
- Cook uncovered, stirring occasionally, until tender, 8-10 min.
- Drain and return to the same pot, off heat.
- Add **1 tbsp** (2 tbsp) **butter**, then stir until **butter** is melted and **orzo** is coated.

5



Toast ciabatta

- Meanwhile, halve **ciabatta**.
- Combine **1 tbsp** (2 tbsp) **oil** and **remaining Zesty Garlic Blend** in a small bowl.
- Brush **oil mixture** onto cut sides of **ciabatta**.
- Arrange on an unlined baking sheet, cut-side up. (**TIP:** Sprinkle half the Parmesan over top, if you want cheesy toasts!)
- Toast **ciabatta** in the **middle** of the oven until golden-brown, 3-4 min. (**TIP:** Keep an eye on buns so they don't burn!)

3



Cook zucchini and start minestrone

- Meanwhile, heat a large pot over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer **zucchini** to a plate. Set aside.
- Reduce heat to medium. Add **½ tbsp** (1 tbsp) **oil**, then **pork** and **mirepoix**. Cook, breaking up **pork** with a spoon, until no pink remains, 5-7 min.**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **pork**.**

6



Finish and serve

- Divide **minestrone** between bowls. Sprinkle **Parmesan** over top.
- Serve **ciabatta toasts** alongside for dipping.

Dinner Solved!