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Soupe au Pistou with Crusty Bread

This soup is humble yet hearty, with lentils adding an undeniable richness to this rustic warming supper. Bright traditional pesto enlivens these earthy root vegetables, and of course we've given you some crunchy fresh bread to sop everything up with. Bon appetite!



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 1



high fibre



winter warmers

Pantry Items



Olive Oil



Hot Water



Brown Onion



Celery



Carrot



Zucchini



Thyme



Garlic



Lentils



Vegetable Stock



Bake-At-Home Mini Baguette



Traditional Pesto

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2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
½	1	brown onion, finely chopped	⊕
1 stalk	2 stalks	celery, finely diced	
1	2	carrot, peeled & finely chopped	⊕
1	2	zucchini, diced	
1 bunch	2 bunches	thyme, roughly chopped	
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 tin	2 tins	lentils, rinsed & drained	
1 cube	2 cubes	vegetable stock, crumbled	⊕
3 cups	6 cups	hot water *	
1	2	bake-at-home mini baguette	
1 tub	2 tubs	traditional pesto	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1860	Kj
Protein	12.8	g
Fat, total	21.2	g
-saturated	2.3	g
Carbohydrate	44.7	g
-sugars	9.2	g
Sodium	621	mg



You will need: *chef's knife, chopping board, vegetable peeler, sieve, large saucepan, wooden spoon and baking tray.*

1 Preheat the oven to **200°C/180°C**.

2 Heat the **olive oil** in a large saucepan. Add the **brown onion**, **celery** and **carrot** and cook for **5 minutes**, or until vegetables are soft. Add the **zucchini**, **thyme** and **garlic** and cook, stirring, for **1 minute** or until the garlic is fragrant. Add the **lentils**, **crumbled stock cube** and **hot water** and bring to the boil. Reduce the heat to low and simmer for **10 minutes** or until the vegetables are tender.

3 Meanwhile, place the **bake-at-home mini baguette** on a baking tray in the oven, and cook for **3-5 minutes**.

4 To serve, divide the soup between bowls and dollop with the **traditional pesto**. Serve with the warm crusty baguette.



Did you know? Pistou is a cold sauce made from garlic, basil and olive oil.