FROM OUR KITCHEN

Meatball, bean and pasta soup



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	20 min	35 min	4

01 Ingredients

- [ ] 500 g lean beef mince
- [ ] 2 garlic cloves, crushed
- [ ] 1 red onion, finely chopped
- [ ] 1.2 cup panko breadcrumbs
- [ ] 2 tbsp basil leaves, finely chopped +extra, to serve
- [ ] 60 g feta cheese, crumbled +extra, to serve
- [ ] 1 egg, lightly beaten
- [ ] 700 g bottle Passata of choice
- [ ] 1.5 L (6 cups) salt-reduced beef stock
- [ ] 2.3 cup wholemeal penne pasta
- [ ] 175 g green beans, cut into 3cm lengths
- [ ] 1.2 small bunch kale, trimmed, finely shredded

02 Step-by-step method

01 In a large bowl combine mince, garlic, onion, breadcrumbs, basil, feta and egg. Season and combine well. Roll heaped tablespoons of mince mixture into balls and place on a large plate (makes 24 balls).

02 In a large saucepan add the passata, stock and 500ml (2 cups) water. Cover and bring to the boil over high heat. Add pasta and reduce heat to medium. Simmer, uncovered, for 5 minutes. Add meatballs and cook for 5 minutes. Add beans and cook for a further 2 to 3 minutes or until pasta is al dente. Remove from heat and stir through kale.

03 Ladle soup into bowls and sprinkle with extra basil and feta. Serve with rye toast, lemon wedges and baby rocket leaves.

03 Chef's tips

- Use silverbeet, baby spinach or English spinach instead of kale.
- Goats cheese or parmesan could be used instead of feta.
- The meatball mixture could be pan-fried, simmered in passata and served with pasta.
- Substitute canned lentils or chickpeas for pasta if desired.