**MINESTRONE SOUP**

Ingredients

1 tbls oil

1-2 onions, diced

2 carrots, peeled and diced

2 stalks celery, diced

2 bay leaves

4 cups hot water

2 tsp veg stock powder

½ cup loosely packed hard herbs, washed and picked

1 400g tin crushed tomatoes

2 potatoes, peeled, washed and diced

1 400g tin beans, drained and washed

3 cups leafy greens, washed and chopped

salt and pepper

Sweat onions, carrots and celery in a large pot with oil.

Cook for 5 mins and add bay leaves, water, stock powder and tomatoes.

Put a lid on pot and prepare potatoes.

Add potatoes and cook on medium heat, stirring occasionally.

Prepare herbs and add to pot.

Drain and wash beans, let stand.

Prepare leafy greens.

Add beans and greens just before serving, when vegetables are becoming soft.

Serve in small cups.

**TUSCAN BAKED RICE WITH BROCOLLI AND FENNEL**

Ingredients

1-2 onions, sliced

2 bay leaves

1 tiny pinch dry chilli flakes

2 cups rice

3 cups veg stock

50g butter

2 baby fennels

2 cups broccoli, chopped

1 handful parsley, washed and chopped

Preheat oven to 200c

Sautee onions, bay leaves and chilli in a pan with a little oil.

Measure rice, weigh butter and add to large baking dish.

Pour stock over rice.

Stir in onions and cover with foil or a lid, cook in oven for 15mins.

Prepare fennel, broccoli and parsley.

Remove backing dish from oven. Check rice for tenderness.

Stir in fennel, broccoli and parsley and cook in oven, uncovered for 5 mins.

**ROSEMARY GRISINNI**

Ingredients

250ml warm water

1 tsp sugar

2 tsp dry yeast

½ tsp salt

Combine in Jug and stand for 5mins.

500g plain flour

1 tbls oil

1 20cm sprig rosemary, washed, picked and chopped fine

Preheat oven to 220c

Weigh flour and measure oil into a large bowl.

Make a well and pour in yeast mixture.

Sprinkle in rosemary and combine with table knife.

Turn dough onto lightly floured bench.

Knead for 15mins. (PUSH, PUSH, FOLD, TURN)

Divide dough into 50g balls (approx.)

Roll into long sausages pencil thick.

Loop dough snakes in half and twist.

Arrange on baking tray, crack rock salt over grisinnis and prove till 10mins before serving.

Bake for 10mins.

Serve standing in a glass.

**KALE AND SUNFLOWER SEED PESTO**

2 cloves garlic, peeled

2 tbls sunflower seeds, dry toasted in a pan

50g parmesan, grated with microplane

1 large bunch kale, washed, spun and chopped fine

¾ cup oil

Salt pepper