

Spring Minestrone

with Fresh Fava Beans & Asparagus

Seasonal soups have been a part of Italian cuisine for millennia. Written recipes for minestrone-like soups that closely resemble this one (right down to the fava beans) have been found in cookbooks dating back to 30 A.D.! Indeed, history has put a lot of stock in the simple flavor combinations we're highlighting in this dish. We're simmering fresh asparagus, hearty pasta and traditional aromatics together in a zesty tomato broth and topping them with herbs, Parmesan cheese and just a little lemon to brighten the potage.



Ingredients

- 6 Ounces Ditalini Pasta
- 1 15-Ounce Can Diced Tomatoes
- 3 Cloves Garlic
- 2 Stalks Celery
- 1 Carrot
- 1 Lemon
- 1 Yellow Onion
- 1 Bunch Asparagus
- ½ Pound Fresh Fava Beans
- 1 Large Bunch Parsley

Knick Knacks

- 3 Tablespoons Vegetable Demi-Glace
- ⅓ Cup Grated Parmesan Cheese

Makes 2 Servings

About 580 Calories Per Serving

Cooking Time: 25 to 35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/171

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of water to boiling on high. Peel and thinly slice the garlic. Small dice the celery. Pick the parsley leaves off the stems; discard the stems. Peel and small dice the carrot and onion. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Snap off and discard the tough, woody ends of the asparagus; cut the asparagus into 1-inch pieces on an angle. Shell the fava beans.

2



Start the vegetables:

In a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic, carrot, celery and onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened.

3



Make the broth:

Add the **vegetable demi-glace, lemon zest, diced tomatoes and 4 cups of water** to the pot of vegetables; stir to combine and season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-low and simmer 4 to 6 minutes, or until the liquid is slightly reduced in volume.

4



Prepare the fava beans:

While the broth simmers, add the **fava beans** to the small pot of boiling water and cook for 1 minute. Drain thoroughly rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Using your fingers, break off the tip of each fava bean and squeeze the bean out of its skin; discard the skin. Set the prepared fava beans aside.

5



Finish the soup:

Add the **pasta** to the pot of broth and cook 10 to 12 minutes, or until al dente (still slightly firm to the bite). Add the **asparagus, half the Parmesan cheese and half the parsley** (roughly chopping the leaves before adding). Season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and the asparagus is bright green. Remove from heat and stir in **the juice of 2 lemon wedges**.

6



Plate your dish:

Divide the **finished soup** between 2 bowls. Top with the **prepared fava beans**. Garnish with the **remaining Parmesan cheese, parsley and lemon wedges**. Enjoy!