



Soup au Pistou

Serves 2

Preparation time 15 minutes
(plus overnight soaking)

Cooking time 2 hours 5 minutes (includes
1 hour 40 minutes cooking time for beans)

Ingredients

4 tbsp haricot beans (Aus 3 tbsp)
1 small onion, peeled and finely chopped
1 small carrot, peeled and finely chopped
1 large stick celery, finely chopped
1 medium courgette, finely chopped
1 tbsp plus 2 tsp extra virgin olive oil
(Aus 3/4 tbsp plus 2 tsp)
1 medium clove garlic, peeled and crushed
600ml/20 fl oz/2 1/2 cups vegetable stock
2 sprigs thyme
1 medium tomato (110g/4oz), deseeded and
finely chopped
4 tsp lemon juice
Small bunch basil, leaves roughly torn
2 tsp pine nuts, lightly toasted (optional)

To make your Soup au Pistou

1. Soak the beans overnight and cook well.
2. Put the onion, carrot, celery, courgette and 1 tbsp olive oil in a large pan over a low heat and cook for 10 minutes, until the vegetables start to soften. Add the garlic and cook for 1 minute.
3. Add the stock, thyme and drained beans. Increase the heat to medium and simmer for 10 minutes. Add the tomato and cook for a further 5 minutes. Stir in the lemon juice.
4. Put the basil leaves in a small bowl and mix in the remaining olive oil with the pine nuts (optional).
Ladle the soup into two large bowls and spoon over the basil mixture just before serving.