



**BOOM**  
BEST OF ORGANIC MARKET  
AWARDS



# Recipe Card

**Tuesday 7th March 2017**

The Brick Kitchen, Columbia Road

**Make some noise**

#BOOM Awards @SoilAssociation

**[www.soilassociation.org/BOOM Awards](http://www.soilassociation.org/BOOM Awards)**

# Organic veg box and meatball minestrone soup

## Serves 8

### Ingredients

#### Soup:

3 tbsp organic olive oil  
Sprig of thyme  
Bay leaf  
1 tbsp parsley stalks  
2 onions, diced  
2 carrots, diced  
2 sticks of celery, diced  
1 small organic swede, peeled and diced  
150g tinned plum tomatoes  
1 tbsp good red wine vinegar  
200g organic kale, stalks removed (reserved and chopped), leaves shredded  
100g orzo  
Parsley and chervil, to garnish  
Grated lemon zest, to garnish  
Organic cheddar, to garnish  
Salt and pepper, to taste

#### Meatballs:

1 tsp coriander seeds  
1 tsp fennel seeds  
1 tsp dried chilli  
1 tsp white peppercorns  
500g organic beef mince  
500g organic pork mince  
100g fine sourdough breadcrumbs  
1 onion, grated  
2 cloves of garlic, peeled and grated  
2 sprigs of thyme, leaves picked  
Zest of 1 organic, unwaxed lemon  
Sea salt and freshly ground black pepper, to taste  
Organic olive oil, for handling mixture

### Method

#### To make the soup:

Heat the olive oil over a medium to high heat. Add the thyme, bay leaf and parsley stalks and stir, cooking for a minute or two to infuse the oil, then add the diced veg and cook, stirring for 10–15 minutes, until softened and smelling good. Add the plum tomatoes and cook for a couple more minutes before adding a litre of water, vinegar and the kale stalks, and bring to the boil. Reduce to a simmer and cook for another 10–15 minutes, allowing all the flavours to infuse. During this time, make the meatballs.

#### To make the meatballs:

Toast the spices and peppercorns in a dry frying pan for a few minutes, until they start to crackle. Pound them up in a spice grinder or pestle and mortar. Place the beef and pork mince into a large mixing bowl with the spices and other ingredients and mix well with clean hands. If the mix seems a bit dry add a little olive oil. Oil your hands and shape into balls.

Add the shredded kale and orzo to the soup and stir, followed by the meatballs, and cook until the pasta and meatballs are done. Dish into soup bowls and garnish with fresh herbs, lemon zest and grated cheddar. Serve with good sourdough.

For a vegetarian alternative, use spinach and ricotta dumplings and cook in the same way, in the soup.



Make and  
share this recipe  
#BOOMAWards  
@soilassociation

Recipe by **Rosie Birkett**,  
cook, food writer, stylist,  
journalist, author and this  
year's BOOMBASSADOR.

#### With thanks to our sponsors



#### We couldn't have done it without

Tiny Leaf, The Brick Kitchen, Booja-Booja, Plenish, Planet Organic, Clearspring, NOM, Davenport Vineyards, Eversfield Organic, The Community Farm, Natural Vitality, E5 Bakehouse, Maddocks Farm Organics.

This recipe uses some of last year's BOOM award-winning products.