

goodFOOD

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EXCLUSIVE RECIPE

Turkey & kale bean soup

SERVES 4-6 PREP 30 mins COOK 1 hr EASY

This nourishing, protein-rich soup is a welcome addition to your winter meals, with plenty of veg and a little spice. Ailsa Burt

500g turkey thigh mince
2 tsp garlic granules
2 tsp onion granules
1 tbsp chicken seasoning
2 tbsp olive oil
1 large onion, finely chopped
5 garlic cloves, finely chopped
2 celery sticks, finely chopped
2 carrots, finely chopped
200g kale, stalks finely chopped and leaves torn
2 tsp ground cumin
1-2 tsp chilli flakes

2 tbsp tomato purée
15g ginger, grated
1.5 litres of chicken stock
700g jar butter beans, drained and rinsed, or 2 x 400g cans
shaved parmesan and toasted sourdough, to serve

For the herby drizzle

small handful each of parsley and dill, finely chopped
1 lemon, zested and halved
4 tbsp extra virgin olive oil

1 Combine the turkey with the garlic granules, onion granules, chicken seasoning in a bowl and season. Roll into 18-20 balls and put on a plate. Heat the oil in a large, deep saucepan over a medium-high heat and add the balls. Brown well all over, around 8-10 mins, then remove to a bowl using a slotted spoon and set aside.
2 Stir the onion, garlic, celery, carrots and kale stalks and partially cover with a lid. Cook for 12-15 mins until soft and just starting to turn golden. Mix in the cumin, chilli flakes, tomato purée and ginger. Cook for another 3-5 mins, until the tomato purée turns dark red and is caramelised. Pour in the chicken stock and butter beans and return the meatballs to the soup. Bring

to a simmer and cook for 15-20 mins. For a thicker, creamier soup you can mash some of the beans against the side of the pan using the back of the spoon.

3 Sprinkle the kale leaves in and cook for a further 10 mins until they are soft, then season well to taste. Combine all the drizzle ingredients together and season. Serve the soup with the drizzle spooned over and shavings of parmesan, and the toasted sourdough on the side, if you like.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING (6) 380 kcals • fat 17g • saturates 3g • carbs 19g • sugars 6g • fibre 10g • protein 32g • salt 2.1g