

# UMAMI BROTH MINISTRONE

*from Life Kitchen*

## **Ingredients** (serves 2)

2 tsp rapeseed oil  
1 leek, chopped  
2–3 tbsp garlic puree  
10 shiitake or mixed mushrooms, chopped  
2 large tomatoes, diced  
1 tsp oyster sauce  
1 tbsp reduced-salt soy sauce  
500ml reduced-salt chicken stock  
100g small wholewheat pasta (we prefer hoops or macaroni)  
Fresh parsley to serve  
Ground black pepper, to taste

## **Method**

Place a large pot on a medium-high heat, add in the oil and allow it to warm slightly.

Add the leek, garlic, and mushrooms and cook, stirring occasionally, until the mushrooms are softened, and the leeks are translucent.

Add the diced tomatoes and allow them to soften.

Add the oyster sauce, soy sauce, and chicken stock and bring to a gentle simmer.

Allow everything to simmer for 10 minutes, then add your pasta and cook following the packet instructions or until the pasta is cooked to your liking.

Serve by ladling into bowls with a flourish of fresh parsley.

Enjoy!

