

SWEDE, KALE AND DITALONI BROTH WITH PISTACHIO PISTOU

Serves 4

INGREDIENTS:

4 tbsp extra-virgin olive oil, plus extra to drizzle
2 banana (echalion) shallots, sliced
3 garlic cloves, finely grated
1 swede (about 550g), peeled and cut into 1.5cm cubes
150g kale, leaves stripped, stems finely chopped
2 litres vegetable stock
1 bay leaf
40g raw shelled pistachios
20g parsley, chopped
Finely grated zest and juice 1 lemon
200g ditaloni or macaroni

DIRECTIONS

Heat 1 tbsp oil in a large saucepan or stock pot. Add the shallots with a pinch of salt and cook gently, over a medium heat, for 4 minutes until softening. Add 1 grated garlic clove, the swede and the kale stems. Cook, stirring, for a few minutes, then add the stock and bay. Bring to the boil, then simmer gently for 20 minutes.

Meanwhile, make the pistou. Toast the nuts in a dry pan until they smell fragrant, then set aside to cool. Put the parsley, lemon zest and half the juice, 3 tbsp oil, plus a good pinch of salt and pepper in a small blender or food processor. Roughly chop the toasted nuts and add these too. Whizz to a coarse paste.

Add the pasta to the pan of soup and cook for about the time on the pack instructions, adding the kale leaves for the final 3 minutes. Season the soup to taste, squeezing in the remaining lemon juice. Serve the soup topped with a spoonful of the pistou and a drizzle of oil.