

FRESH
for
KIDS

SPINACH, TORTELLINI & ZUCCHINI NOODLE SOUP

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Preparation 15 mins | Cooking 35 mins | Serves 4

- 1 tbs olive oil
- 1 small brown onion, finely chopped
- 1 carrot, finely chopped
- 1 stick celery, finely chopped
- 2 garlic cloves, crushed
- 6 cups chicken stock
- 350g pkt fresh chicken tortellini
- 2 large zucchini, spiralised into noodles or thinly sliced using a julienne peeler
- 50g baby spinach leaves
- Grated parmesan, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, for 3-4 minutes until tender. Add carrot, celery and garlic and cook, stirring often, for 5 minutes. Stir stock, cover and bring to the boil. Reduce heat, cover and simmer for 20-25 minutes until vegetables are tender.

STEP 2 Increase heat to medium heat. Add tortellini and cook for 3-4 minutes until just cooked through. Stir through zucchini noodles and spinach. Ladle into bowls. Sprinkle with grated parmesan and serve.

Good for you... **ZUCCHINI**

A source of vitamin C and folate. Vitamin C helps us absorb iron from foods and both these vitamins contribute to the normal functioning of the body's immune system. Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.



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