

BROCCOLI & MINT SOUP



MINUTES TO PREPARE
5



MINUTES TO COOK
25



SERVES
4

INGREDIENTS

1 onion, peeled and diced
1 carrot, peeled and diced
1 whole broccoli head, stalk removed and diced. Florets cut small and kept separate
1 clove garlic, peeled and crushed
3cm fresh ginger, peeled and diced
2 kaffir lime leaves
1 stalk lemongrass, end removed and bashed with the back of a knife
400ml light coconut milk
1 teaspoon vegetable bouillon
1 tablespoon rapeseed oil
100ml water
Juice of 1/2 lime
15 mint leaves, chopped
Salt and pepper

LET'S GET COOKING

- 1 Heat the rapeseed oil in a saucepan over a medium heat and saute the onion, carrot and diced broccoli stalk (not the broccoli florets!) for 5 minutes. Add the ginger, garlic, kaffir lime leaves and lemongrass and saute for a further 5 minutes.
- 2 Add the coconut milk, water and vegetable bouillon and bring together to a gentle simmer. Simmer for 10 minutes, until the vegetables start to soften.
- 3 Add the broccoli florets to the saucepan and bring back to a simmer for 4 minutes. Remove from the heat and squeeze in the lime juice and add the mint.
- 4 Leave to cool for 5 minutes. Remove the lemongrass and kaffir lime leaves and puree in a blender.

"This is a beautifully fragrant, creamy and fresh soup which suits either a hot or cold September day. Broccoli is in abundance at this time of year and with the carrot, ginger, lemongrass and garlic, this makes for a bowl full of health.

I like a super-fine soup so I tend to puree this in the nutri-bullet. Be warned though... you need to allow it to cool for 15 minutes before blending or the nutri-bullet will explode. This is mentioned from experience. I was being impatient and the nutri-bullet (and soup) exploded all over me and my kitchen! Ow!"