

BROCCOLI AND BASIL SOUP



INGREDIENTS

1 medium onion - peeled and chopped
1 garlic clove - peeled and crushed
1 large potato - peeled and diced
1 tablespoon olive oil
1 vegetable stock cube or 1 tablespoon vegetable bouillon (reduced salt, if possible)
1 large head of broccoli - broken into florets
1 bunch fresh basil - torn into pieces
150 - 300ml skimmed milk
ground black pepper

NOTE: Use lactose-free stock to make this recipe lactose-free

EQUIPMENT

saucepan and lid
chopping board
sharp knife
measuring jug blender
wooden spoon

METHOD



1. Fry the onion and garlic in olive oil for 5 minutes then add the chopped potato and fry for a further 5 minutes, stirring to prevent browning.
2. Make up the vegetable stock with 600ml boiling water.
3. Add the vegetable stock and the broccoli florets. Bring back to the boil and simmer for 15 - 20 minutes until the potato and broccoli are tender.
4. Add a bunch of torn basil and 150ml milk. Ladle the soup into the blender goblet. Whizz until smooth. If necessary, thin it down with milk. Season the soup with black pepper, serve piping hot.

Additional Information

Allergy Aware:

This recipe contains:

- cereals containing gluten

May contain:

- soybeans

- celery