

Broccoli and Cauliflower Soup

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes



3 serves per portion

Ingredients

1 leek, sliced finely

1 bunch broccoli, roughly chopped

½ medium head cauliflower, roughly chopped

2 garlic cloves, sliced

3 ½ cups reduced salt vegetable stock

1 tablespoon thyme leaves

¼ cup finely chopped walnuts, toasted, to serve

¼ cup parmesan

1 tablespoon natural yoghurt

Method

PLACE leek in a medium-large saucepan pot on medium heat.

COOK for 3-5 minutes until leek softens.

PLACE broccoli, cauliflower, garlic and stock in a large pot.

BRING soup to the boil, then cover and simmer for 20 minutes or until vegetables are tender.

REMOVE saucepan from heat and puree with a stick blender until smooth.

SERVE with toasted walnuts, parmesan, thyme and a dollop of yoghurt.



Everyday Food

Recipe courtesy of the Country Kitchens team