

# BROCCOLI AND BASIL SOUP

Makes 4 generous servings



INGREDIENTS	EQUIPMENT
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 150ml-300ml skimmed milk ground black pepper	saucepan and lid chopping board sharp knife blender wooden spoon ladle

## 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 the remaining milk. Season the soup with black pepper and serve piping hot.

## RECIPE NOTES AND TIPS

- Don't boil the soup once the milk has been added otherwise it may appear curdled.
- Grow purple sprouting broccoli in your garden or in the school or community garden and use this for your soup.
- Look for reduced salt stock cubes or powders in the supermarket – an easy way to eat less salt.

## ALLERGY AWARE

This recipe contains:

- Milk

Per 160g serving

	<b>ENERGY</b>	
	599kJ / 143kcal	7%
<b>LOW</b>	<b>FAT</b>	
	4.2g	6%
<b>LOW</b>	<b>SATURATES</b>	
	0.6g	3%
<b>LOW</b>	<b>SUGARS</b>	
	6.1g	7%
<b>MED</b>	<b>SALT</b>	
	0.8g	14%

% of an adult's reference intake

Typical values per 100g : Energy 374kJ / 89kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (160g)
Energy	374kJ / 89kcal	599kJ / 143kcal
Protein	4.9g	7.9g
Carbohydrate (of which sugars)	10.0g (3.8g)	16.0g (6.1g)
Fat (of which saturates)	2.7g (0.4g)	4.2g (0.6g)
Fibre	2.8g	4.5g
Salt	0.5g	0.8g