



Velvet broccoli soup

20'

Hands on

35'

Cook Time

4

Portion(s)

2

Difficulty



Method

- Finely chop the garlic and onion.
- Remove the strings from the celery stalks and chop into pieces.
- Cut the broccoli into florets. Reserve 4 small florets for serving.
- Place a pot over medium heat, add 2 tablespoons of olive oil and let it get hot.
- Add the onion, garlic and celery. Sauté for 5 minutes until they soften.
- Add the vinegar, broccoli florets, water, bay leaf and bouillon cube.
- Cover pot with lid and simmer for 15-20 minutes, until the broccoli softens.
- Remove from heat, remove the bay leaf and discard.
- Add the mint leaves (reserve some for serving) and beat soup with an immersion blender until completely smooth and velvety.
- Place pot back over heat and simmer for 5 minutes.

To serve

- Preheat oven to 220* C (428* F) Fan and place an empty nonstick baking pan in the oven to get very hot.
- In a bowl, add the reserved broccoli florets, 1 tablespoon olive oil, salt, sugar and pepper. Mix well with a spoon.
- When the oven is hot, quickly open the door, carefully remove the hot baking pan and place the florets on it. (This has to be done very quickly so that the baking pan and oven stay very hot.)
- Place pan back in oven and roast for 10-15 minutes until the broccoli is done.
- Serve soup with chili flakes, coconut milk and the roasted broccoli florets.

Ingredients

- 1 clove of garlic
- 1 onion
- 2 celery stalks
- 400 g broccoli
- 3 tablespoons olive oil
- 20 g white wine vinegar
- 1 liter water
- 1 bay leaf
- 1 vegetable bouillon cube
- ½ bunch mint

To serve

- 4 broccoli florets
- salt
- pepper
- 1 teaspoon granulated sugar
- 2 tablespoons coconut milk
- 1 tablespoon chili flakes

Διατροφικός πίνακας

Nutrition information per portion

122 Calories (kcal)	4.5 Total Fat (g)	2.0 Saturated Fat (g)	11.0 Total Carbs (g)
6%	6%	10%	4%
6.5 Sugars (g)	6.6 Protein (g)	6.6 Fibre (g)	0.31 Sodium (g)
7%	13%	26%	5%