



Velvety broccoli soup

30'
Hands on

15'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Place a **pot** over high heat.
- Coarsely **chop** the onion, cut the celery and the leek into small cubes, and add them to the pot.
- Finely chop the garlic, add it to the pot, and sauté.
- Add the broccoli, the wine, and let it evaporate completely.
- Add the milk, the water, the tarragon, salt, pepper, put the lid on the pot, and simmer over medium-low heat for 10-15 minutes.
- Remove from the heat, add the olive oil, and puree with an immersion blender until you get a velvety texture. If your soup thickens too much, add a little warm water and keep pureeing until you get the desired consistency and texture.

For the croutons

- Place a **frying pan** over high heat.
- Add the butter, the garlic crushed, thyme, salt and pepper.
- Cut the bread into cubes and add it to the pan. Mix constantly for 3-4 minutes, until it becomes crispy.
- Serve the soup with chili flakes, lime slices, olive oil, and the croutons.

Ingredients

For the soup

- 1 onion
- 2 stick(s) celery
- 1 leek
- 1 clove(s) of garlic
- 900 g broccoli
- 50 g white wine
- 500 g milk
- 700 g water
- 1 teaspoon(s) tarragon
- salt
- pepper
- 5-6 tablespoon(s) olive oil

For the croutons

- 100 g butter
- 1 clove(s) of garlic
- 150 g bread
- 1 tablespoon(s) thyme
- salt
- pepper

To serve

- chili flakes
- 1 lime(s)
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

328 Calories (kcal)	19.0 Total Fat (g)	4.9 Saturated Fat (g)	23.0 Total Carbs (g)
16%	27%	25%	9%
9.3 Sugars (g)	12.0 Protein (g)	7.5 Fibre (g)	0.76 Sodium (g)
10%	24%	30%	13%