

LATIF'S LUNCH

Broccoli Soup

This nutritious vegetable soup should be a regular part of everyone diet, it's easy to make and full of flavours, rich, creamy, tasty and healthy.



Serves 6

Preparation time : 10 minutes

Cooking time : 20 minutes

Ingredients :

- 1KG Broccoli, cut into florets
- 1 Large onion, roughly chopped
- 1 Large diced potato
- 2 Celery sticks, chopped
- 25g Butter
- 6 Tbsps of Double cream
- Salt & Pepper, to taste (or 1 tsp each)
- 1L Vegetable Stock

Method

1. Heat the butter in a saucepan, add the onions and the celery and fry gently for 5 minutes.
2. Stir in the potato and the broccoli, add the vegetable stock, salt & pepper and bring to boil for 10 minutes.
3. Now that all the ingredients are tender, leave it to cool slightly on low heat on the stove, then blend it with a hand blender. If you do not have a hand blender, take off the stove and blend in a food processor) until it is puree and return to pot.
4. Add the cream and cook for another 5 minutes.
5. Add additional spice to taste.
6. Et Voila! Our soup is ready to serve, enjoy and bon appetite..