



BROCCOLI SOUP

Serves 2

Ingredients:

- 1 tbsp olive oil
- 1 garlic clove, chopped
- 250ml chicken or vegetable stock (more if necessary)
- 200g broccoli florets
- Pepper to taste
- Drizzle crème fraiche when serving

Method:

1. Heat the oil in a saucepan and fry the garlic for 1-2 minutes
2. Pour the chicken or vegetable stock into the pan and add the broccoli florets
3. Bring to the boil and reduce the heat and simmer gently for 10-12 minutes, until the broccoli is tender
4. Season with pepper, then transfer to a liquidizer.
5. Blend until smooth
6. Ladle the soup into serving bowls and drizzle with crème fraiche to serve

