



BROCCOLI AND GINGER SOUP

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Serves: 6
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
179 kcal
7g Fats
20g Carbs
8g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 7 oz. (200g) leeks, chopped
- 2 tbsp. ginger, chopped
- 2 broccoli heads, florets
- 1 large potato, peeled, chopped
- 1 tsp. turmeric
- 1 tsp. salt
- 1 tbsp. sesame oil
- 6 cups (3 litres) stock
- 6 tbsp. natural yogurt (or dairy free option)
- 6 tsp. sunflower seeds

WHAT YOU NEED TO DO

Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.

Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock.

Bring to a boil, reduce the heat and simmer for 10 minutes until the vegetables are soft.

Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.

Serve topped with yogurt and sunflower seeds.

The soup can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.