

BROCCOLI SOUP WITH A CHEESY CROUTON Serves 2-4

Talk about simple. This soup could be whipped up when you get home from work without any fuss. I added a cheesy crouton to finish it off but this is optional!

Ingredients

1 tsp butter
1 tsp oil
½ onion, finely diced
1 head of broccoli (organic if possible)
3-4 cups water or veg stock
4 1.5cm rounds of baguette (French stick) or similar bread
40g (approx.) blue cheese or your favourite
Salt and freshly ground pepper

Method

Add the butter and oil to a medium sized saucepan, when melted add the onion and cook gently without colour until soft.

Add the stalks and leaves of the broccoli and cook for a further 2 minutes.

Add the remainder of the broccoli and cover with water or stock.

Cook until broccoli is tender (about 12 minutes).

While the soup is cooking, assemble the cheesy croutons, by first toasting them on both sides then crumbling over the cheese, grind a little pepper and place back under the grill to melt the cheese.

Remove the soup from the heat and process until smooth.

Return back to the heat, adjust the seasoning if necessary and serve in warmed bowls with the cheesy croutons on top.