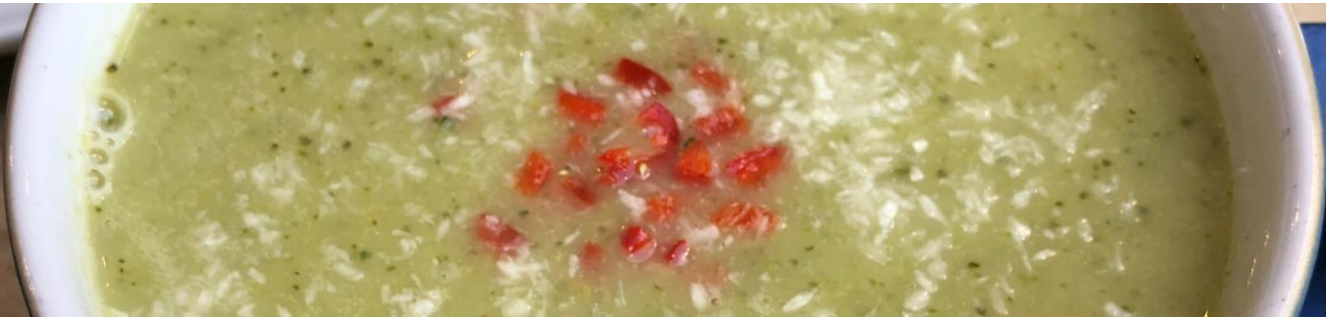


BROCCOLI, COCONUT AND CHILLI SOUP



QUICK

8 mins prep
plus cooking
time

HEALTHY

Broccoli is a good source of vitamin K, which plays an important role in blood clotting. Vit K is minimally affected by cooking.

FAMILY



Feeds 6

MEALS

Serve as a starter



INGREDIENTS

- 2 heads Broccoli (approx. 700g)
- 2 onions
- 2 garlic cloves
- 200ml coconut milk
- 1 red chilli
- 2 medium potatoes (approx. 450g)
- 1 tbs oil
- 1-2 stock cubes
- Enough water to cover the vegetables (approx. 1500ml)
- Optional – desiccated coconut

METHOD

- 1) Heat 1 tbs oil in a large saucepan
- 2) Dice the onions and add to the saucepan
- 3) Mince the garlic and add
- 4) Finely chop the chilli and add half (depending on how strong you like it) Leave the rest for decoration at the end
- 5) Chop potato into small-ish pieces - Do not peel if it is clean. Just wash it – add to the pan
- 6) Chop broccoli into bite sized pieces and add
- 7) Sauté for 1 minute
- 8) Cover the vegetables with water – put a lid on the pan and bring to the boil
- 9) Simmer for 10 minutes - until the potato is soft
- 10) Add the coconut milk and the stock
- 11) Blend till smooth
- 12) Taste (add salt & pepper, stock and/or extra chilli if necessary)
- 13) Optional - Serve with the rest of the chilli and/or some desiccated coconut sprinkled on top

TOP TIP !

Make double and put half into the freezer so that it's even quicker next time



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To watch a video showing how this is made or to explore more

Quick Healthy Family Meal ideas go to

www.quickhealthyfamilymeals.comsprinkledontop