

# BROCCOLI & ALMOND 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 6-8

## MEALS

This big bowl of soup is warm and filling

## INGREDIENTS

- 2 heads Broccoli (approx. 700g)
- 2 onions
- 2 garlic cloves
- 150g blanched almonds
- 2 medium potatoes (approx. 450g)
- 1 tbs oil
- 1-2 stock cubes
- Enough water to cover the vegetables (approx. 1500ml)

## METHOD

- 1) Pour boiling water over the almonds and leave to soak
- 2) Heat 1 tbs oil in a large saucepan
- 3) Dice the onions and add to the saucepan
- 4) Mince the garlic and add
- 5) Chop broccoli into bite sized pieces and add
- 6) Chop potato into small-ish pieces - Do not peel if it is clean – there's fibre in the skin. Just wash it – add to the pan
- 7) Cover the vegetables with water – put a lid on the pan and bring to the boil
- 8) Add the almonds
- 9) Simmer for 10 minutes - until the potato is soft
- 10) Add the stock
- 11) Blend till smooth
- 12) Taste - add salt & pepper and more stock if needed
- 13) Serve

### TOP TIP !

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



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)