Broccoli and Leek Soup

Season: Winter
Type: Soup
Difficulty: Easy
Fresh from the garden: Broccoli, leeks, garlic, parsley

Equipment:
Knives
Peeler
Measuring cups and spoons
Garlic crusher
Jug
Large saucepan

Ingredients:
Olive oil
2 leeks, thinly sliced
2 garlic cloves, crushed
1 large potato, peeled. Finely chopped
6 cups hot water
4 teaspoons vegetable stock
Broccoli, cut into florets
¼ cup fresh parsley leaves
Low fat sour cream

What to do:
Heat a large saucepan over a medium heat. Add a glug of olive oil.
Add the leek. Cook, stirring occasionally for 5 minutes or until soft.
Add the garlic and cook for 30 seconds or until aromatic.
Add the potato, hot water and stock powder to the leek mixture.
Bring to the boil.
Reduce heat to low and simmer for 10 minutes.
Add the broccoli. Simmer for 5 minutes or until broccoli is tender.
Set aside to cool slightly.
Add the parsley then using a stick blender, blend until smooth.
Season with salt and pepper.
Ladle the soup among serving bowls.
Top with a small dollop of sour cream.