

Broccoli Stalk Soup

We're all about avoiding food waste, so here's an ingenious way of using broccoli stalks to cook a version of the classic soup. Good for the planet and delicious to boot. Serves 6.

Ingredients

- 50ml olive oil
- 50g butter
- 1 brown onions
- ½ a large leek
- ½ a stick celery
- 1½ cloves garlic
- 500g broccoli stalks
- 375g potatoes
- 1.8 litres vegetable stock
- 100ml single cream
- A squeeze of lemon juice
- Salt & pepper



Method

- Peel and roughly chop the onion.
- Peel and finely chop or crush the garlic.
- Clean the leek, discard the toughest part of the green leaves and then roughly chop the rest.
- Chop the celery into 1cm pieces.
- Trim just the very toughest part of the broccoli stems and cut the remainder of the stalks into ½ inch cubes.
- Peel the potatoes and cut into ½ inch dice.
- Place the oil and butter in a large saucepan and place on a medium heat.
- Once the butter is melted, add in the onions and cook until soft but not coloured.
- Add the garlic, leek and celery; cook for five minutes until fragrant and starting to soften.
- Make up the vegetable stock according to the packet instructions, in a measuring jug.
- Add the broccoli stalks, potato, and stock. Bring to the boil, then reduce the heat to simmer the soup until the broccoli and potatoes are tender.
- Once cooked, puree the soup until very smooth with a stick blender.
- Stir in the cream and season to taste with salt, pepper and a good squeeze of lemon juice (taste first to see if needed).
- Serve hot, garnished with croutons or a swirl of cream.