

Green Goddess Soup

Healthy, nourishing and packed full of flavour. Boost your immune system with this gorgeous, gluten-free vegetarian soup. Serves 6.

Ingredients

- 2 tbsp olive oil, plus extra for drizzling
- 1 onion
- 1 leek (white part only)
- 1 medium bulb fennel
- 3 sticks celery
- 5 cloves garlic
- $\frac{3}{4}$ tsp ground allspice and $\frac{3}{4}$ tsp ground cumin
- 1 potato
- 1 head broccoli
- 2.5 tsp salt
- $\frac{3}{4}$ tsp black pepper
- 1.75 litres water
- 200g frozen peas
- 250g kale leaves
- 280g baby spinach
- 180ml double cream

GARNISH

- 2 tbsp sunflower seeds (toasted)
- Cream or olive oil for drizzling

Method

- Peel and dice the onion, leek, fennel and celery.
- Finely chop the garlic.
- Peel and cube the potatoes.
- Heat the oil in a large saucepan over a medium heat.
- Add the onion, leek, celery, garlic and fennel. Cook for 5-10 minutes until softened.
- Add in the spices and cook for another minute until aromatic.
- Add the water, potatoes and broccoli, season with salt and pepper.
- Stir, bring to a simmer and cook for 7-10 minutes until the broccoli is tender.
- Add in the peas and simmer for another minute.
- Take the pot off the heat and add in the kale – blitz with a stick blender until mostly smooth.
- Add the spinach and blitz again until smooth.
- Stir in the cream right before serving, and serve hot drizzled with olive oil or more cream, and sprinkled with sunflower seeds.

