

Broccoli '&' soup

Ingredients

1 medium head broccoli plus same qty of cauliflower or 1ge handful of asparagus or one large leek or two handfuls green peas (frozen is fine)
1 medium onion diced
2 cloves garlic crushed
1 inch piece of ginger peeled & grated
1 1/2 ltr boiling water
1 tbspn coconut oil for frying
1 tbspn sunflower or hemp seeds
Small handful cashew nuts
2 tspns miso paste (organic)
Salt & pepper to taste
Sesame seeds to top

Method

1. Put the seeds and cashew nuts into a bowl and cover with boiling water. Leave to soak
2. Chop the onion, crush the garlic and grate the ginger. Place into a saucepan with a tbspn of coconut oil and fry gently for 5 minutes
3. Chop the vegetables into pieces and add to the pan with the onion, ginger and garlic
4. Cover the vegetables with boiling water
5. Bring the water to a simmer, put a lid on the pan and leave to simmer until the vegetables are tender (approx 15 mins)
6. Leave to cool slightly then add to a blender with the seeds, cashews and miso paste. Blend until smooth, if it's a little thick you can add a little more boiling water
7. Season to taste with salt and pepper
8. Top each serving with sesame seeds

Serves 4

Note: If you can't tolerate cashew nuts increase the amount of sunflower/hemp seeds