

BROCCOLI AND ALMOND SOUP



This creamy broccoli and almond soup is healthy and hearty!

At Penta, we use vegan margarine, but you can use regular margarine or butter for a vegetarian version.

Serves 6

135g shallots, roughly chopped
5g garlic, minced or finely chopped
50g vegan margarine
1.3L vegetable stock (40g vegetable Bouillon)
700g broccoli (about 2 heads), stems cut off

50ml sunflower oil
500 ml almond milk
135g baby spinach, washed
3g toasted almonds, sliced
Olive oil

1. Sauté shallots and garlic with vegan margarine and sunflower oil until transparent.
2. Add most of the broccoli, (reserving a handful for later) and sauté all together until all ingredients are slightly coloured.
3. Add vegetable stock and almond milk, bring to the boil and then reduce heat and simmer for about 20 minutes.
4. Once the broccoli is tender, blend all ingredients together and remove from the heat.
5. Meanwhile, blanch the leftover broccoli in salted boiling water for about 4 minutes and then drain and set aside.
6. Once the soup has cooled slightly, add baby spinach and blend further.
7. Season to taste and add remaining blanched broccoli florets to serve.
8. Drizzle with a little olive oil and garnish with toasted almonds.

