



## ASPARAGUS, BROCCOLI AND KALE SOUP

*with Mixed Seed Croutons*

Serves 4 | Preparation time 10 minutes | Cooking time 25 minutes

### WHAT TO DO

1. In a large heavy-based saucepan, heat the olive oil and butter over medium-high heat. When the butter starts to foam, add the onion and cook for 3-4 minutes, or until starting to soften. Add the garlic and thyme and cook for another minute, or until fragrant, then add the asparagus and broccoli.
2. Pour in the stock and a good pinch each of salt and freshly ground black pepper and leave to simmer for 15 minutes. Remove from the heat, stir through the kale and allow to cool.
3. Blend and then check for seasoning, adding lemon juice, salt and pepper to taste.
4. Just before serving, toast the seeds in a dry pan until just golden and fragrant. Serve the soup in warmed bowls, sprinkled with the seeds, roughly chopped herbs and cheese if using.

Note: This soup freezes well for up to two months.

### WHAT YOU'LL NEED

- 1 Tbsp olive oil
- 1 Tbsp butter
- 1 onion, roughly chopped
- 1 clove garlic, chopped
- 2 sprigs fresh thyme
- 300 g asparagus, roughly chopped (and roughly 2.5 cm removed from all ends)
- 300 g broccoli, roughly chopped
- 2 cups chicken or vegetable stock
- salt and freshly ground black pepper
- 100 g roughly chopped fresh kale (or baby spinach leaves)
- 1-2 Tbsp lemon juice

### Mixed seed croutons and garnish

- 2 Tbsp sunflower seeds
- 2 Tbsp pumpkin seeds
- 1 Tbsp roughly chopped fresh parsley
- 1 Tbsp roughly chopped fresh basil
- 100 g feta or goat's cheese, crumbled (optional)