



READY TO COOK
BY HARRIS FARM

BROCCOLI AND FETA CHEESE SOUP



PREP
15 min



COOK
35 min



SERVES
4

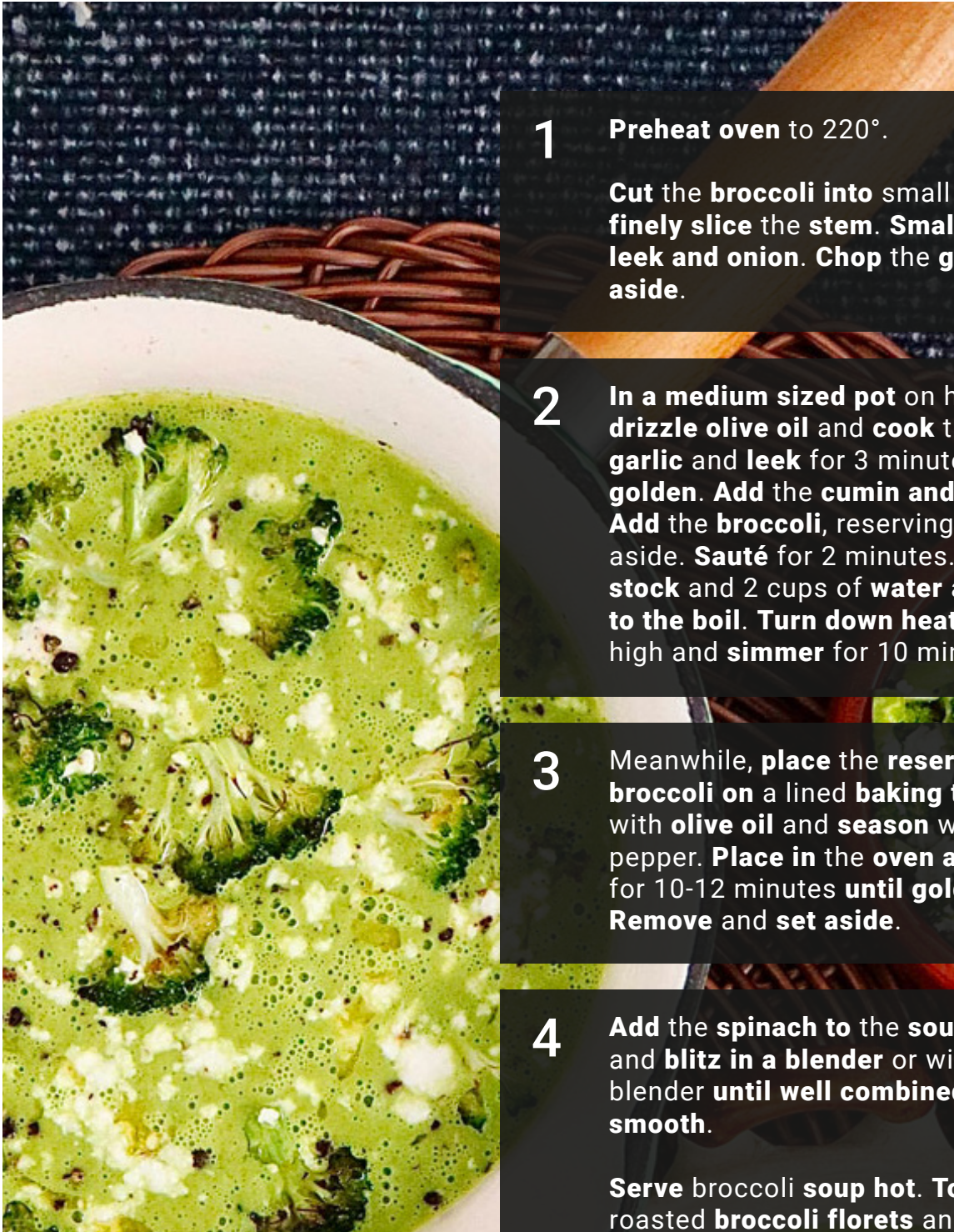
INGREDIENTS:

- > ½ Leek
- > 1 Brown Onion
- > 3 Garlic Cloves
- > 2 Broccoli Heads
- > 120g Baby Spinach
- > 100g Feta Cheese
- > 500ml Vegetable Stock

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tsp Ground Cumin
- > ½ Tsp Ground Coriander
- > Olive Oil
- > Salt and Pepper

METHOD - GET COOKING!



1 Preheat oven to 220°.

Cut the **broccoli** into small **florets** and **finely slice** the **stem**. **Small dice** the **leek** and **onion**. **Chop** the **garlic**. **Set** all **aside**.

2 In a **medium sized pot** on high heat, **drizzle olive oil** and **cook** the **onion**, **garlic** and **leek** for 3 minutes **until golden**. **Add** the **cumin** and **coriander**. **Add** the **broccoli**, reserving 1 cup **aside**. **Sauté** for 2 minutes. **Add** the **stock** and 2 cups of **water** and **bring to the boil**. **Turn down heat** to medium high and **simmer** for 10 minutes.

3 Meanwhile, **place** the **reserved broccoli** on a lined **baking tray**. **Drizzle** with **olive oil** and **season** with salt and pepper. **Place** in the **oven** and **cook** for 10-12 minutes **until golden brown**. **Remove** and **set aside**.

4 **Add** the **spinach** to the **soup** base and **blitz** in a **blender** or with a stick blender **until well combined and smooth**.

Serve broccoli **soup** hot. **Top** with roasted **broccoli florets** and a **sprinkle** of **feta** cheese.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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