



**READY TO COOK**  
BY HARRIS FARM

# THAI BROCCOLI SOUP



PREP  
**15 min**



COOK  
**30 min**



SERVES  
**4**

## INGREDIENTS:

- > 1 Tbsp Green Curry Paste
- > 1 Can Coconut Cream
- > 1 Can Coconut Milk
- > 500ml Vegetable Stock
- > 700g Broccoli
- > 1 Packet Thai Marinated Tofu
- > 1 Punnet Baby Spinach
- > ½ Bunch Coriander
- > ½ Bunch Mint

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Vegetable Oil
- > 1 tsp Sesame Oil
- > Salt and Pepper
- > Red Chilli



# METHOD - GET COOKING!



1

**Preheat oven** to 220°C.

**Cut the tofu into thin slices, finely chop the chilli, coriander leaves and mint. Set aside.**

**Bring** a medium sized **pot to medium-high heat. Drizzle with vegetable oil and add the green curry paste. Stir and cook for 2 minutes. Add the coconut cream and coconut milk and mix well. Add the sesame oil and the vegetable stock. Bring to the boil, then turn down heat to medium and simmer uncovered for 15-20 minutes.**

2

Meanwhile, **cut the broccoli into florets and add  $\frac{3}{4}$  to the soup.**

**Place the other  $\frac{1}{4}$  on a lined baking tray. Drizzle with olive oil and season with salt and pepper and toss to coat. Roast in the oven for 10 minutes. Remove from oven and set aside.**

3

**Add the spinach, mint and coriander to the soup then blitz until smooth using a stick blender or a blender.**

**Serve soup hot, topped with tofu, chilli and broccoli.**

## 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?

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