

Simple Superfood Soup

Virtuous, healthy and delicious. tick, tick, BIG tick ✓

Winter is sensational soup weather and here's a recipe that will put your Scenic Rim Farm Box ingredients to good use.

Stock up on Dale's potatoes, Mitch's Broccoli and watercress from Riverdale Herbs and you'll soon have a 'souper' meal.

Ingredients

500g potatoes peeled and finely sliced

500g of broccoli

2 x spring onions, sliced

100g watercress reserve some sprigs for garnish

1L vegetable stock (or chicken stock if you prefer)

1 lime

Pepper for seasoning

Tablespoon of olive oil

20g butter

Natural Yoghurt to serve



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Method

Remove broccoli stalks and thinly slice (roughly same thickness as potatoes). Cut broccoli head into small florets.

Saute spring onions in olive oil and butter in a large heavy based saucepan until soft but not coloured.

Add potatoes and broccoli stalks and stir to coat.

Add stock and simmer for approximately 25 minutes until potatoes are soft.

Add broccoli florets and cook for a further 5 minutes.

Add watercress and stir to combine.

Blitz until smooth - either with a stick blender in the pot or transfer to your blender (be careful, liquid will be hot).

Serve into bowls, with a generous squeeze of fresh lime, a spoonful of yoghurt, freshly cracked pepper and some watercress to garnish.

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