



BROCCOLI & GOATS CHEESE SOUP

This gorgeous broccoli soup is so easy to make with just 3 key ingredients. Full of vitamins and nutrients, it is both healthy and hearty and feels like it warms you from inside out.

INGREDIENTS

- 1 ½ small heads of broccoli washed and cut into chunks
- a generous pinch of sea salt
- 1 ¼ cup vegetable stock
- freshly cracked black pepper
- goats cheese
- A handful of chopped walnuts
- olive oil for drizzling

SERVES: 2

SETTING: SOUP

PREP TIME: 5 MIN

BLEND TIME: 30 MIN

DIRECTIONS

- 1. Add the vegetable stock, broccoli chunks, salt and pepper to your Mealio® Hot & Cold Blender. Ensure the contents don't go past the 800ml mark.**
- 2. Select 'SOUP' and allow it to heat and blend until smooth.**
- 3. Serve with a drizzle of olive oil, chopped walnuts and goats cheese etc.**

Hints & Tips: As soon as you add a nice hit of protein to this dish, in the form of goats cheese and walnuts, it becomes a filling yet healthy meal