

Creamy broccoli and pea soup



Ingredients

- 1 large brown onion
- 3 potatoes
- 2 celery stalks
- 250g (2 cups) frozen peas
- 320g broccoli, including stalks
- 1.5L chicken or vegetable stock
- 1 tbsp olive oil
- ½ cup cream
- Salt and pepper, to taste
- Small bunch parsley OR chives, to serve

Equipment Needed

- Chopping board and non-slip mat
- Knife
- Vegetable peeler
- Large measuring jug (for stock)
- Scales, measuring cups and spoons
- Large saucepan
- Wooden spoon
- Ladle, to serve
- Stick blender

Method

- Peel potatoes and chop into 2cm cubes
- Wash broccoli and chop into 2cm pieces, use all of it including the stalks and leaves.
- Wash celery and chop stalks finely.
- Peel onions and chop into 1cm pieces.
- Place olive oil and onions in large saucepan and sauté over low-medium heat for 5 minutes or until translucent.
- Add celery and saute for another 2 mins.
- Add potato and broccoli and stir for 1 minute, then carefully add stock until liquid just covers vegetables.
- Cook for 10 minutes, then add the peas.
- Cook for another 5-10 minutes or until all vegetables are very soft (test with a fork or skewer).
- Wash and finely chop herbs (for garnish), while the soup is cooking.
- Allow to cool for 5 minutes, then blend in saucepan with stick blender until smooth.
- Stir in the cream, add salt and pepper to taste.
- Reheat briefly if needed, before serving.

To serve:

- Ladle into bowls and sprinkle with 1 tsp finely chopped parsley or chives.

Don't forget to clean up! 😊

Recipe: Camille Mewett

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