



Cauliflower, Leek & Broccoli

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

2 tbsp olive oil

½ large cauliflower

1 small broccoli head

3 medium leeks - sliced

2 garlic cloves - sliced thickly

1 tsp ground celery seed

1 tsp ground thyme

1 tsp strong mustard powder

Good pinch salt + black pepper

850 ml Veg Stock

Avocado Oil

Sunflower Seeds

Pumpkin Seeds

Directions

- Heat the oil and add leeks, garlic, celery seed, thyme, mustard and some salt and pepper. When sizzling cover, reduce heat and sweat for around 10 mins or until soft.
- Prep cauliflower and broccoli: roughly chop including stems if tender.
- Add veg to the softened leeks, stir well and then add hot veg stock. Cook for 5 - 10 mins.
- When tender but not too soft, remove pan from heat and puree the soup either with a stick blender (my choice) or in two batches in a jug blender.
- Add hot water if too thick. Taste and season again if necessary.
- Ladle into warm bowls, drizzle some avocado oil and finish with seeds and a grinding of black pepper

Notes:

I often make this with just Cauliflower, leeks and fresh thyme leaves

Served here with homebaked Broccoli and Walnut Bread topped with hummus and seeds (side image)

