

Broccoli Soup with toasted garlic panini

(Serves 6)

Ingredients

- 2 tsps Oil, Olive, napolini
- 200g Leeks, sliced
- 300g Onions, chopped
- 2 Stock pot, (knorr vegetable)
- 1.6 litres Water
- 1 tsp Black pepper
- 400g Potatoes, cut into chunks
- 800g Broccoli, chopped
- 90g Margarine- Light Olive spread
- 3 Garlic cloves, crushed
- 3 Paninis (Tesco-85g)

Preparation

1. Heat oil gently on hob in a large pan.
2. Sweat leeks & onions gently for 5 minutes.
3. Prepare stock. Stir in black pepper.
4. Add stock to leeks & onions.
5. Add potatoes & broccoli. Bring to boil.
6. Cover & simmer for 25 minutes until vegetables soft.
7. Whizz through a processer or blender until smooth.
8. Put back on hob to re-heat.
9. Mix olive spread with garlic.
10. Cut paninis down middle. Slice across so they have a top & bottom half.
11. Spread olive spread on all halves. Toast under grill.
12. Serve broccoli soup with toasted panini slices.

TOP TIP: Use all the broccoli, including the stork to get the best nutrition.

NUTRITIONAL VALUES PER SERVING

Calories 331

Total Sugars 7.76g

Total Fats 10.71g

Saturated Fats 2.58g

Salt 2.11g

Fruit & Veg 2.7