

Green soup



Method

1. Preheat oven to 160 degrees celcius. Line a baking tray with baking paper.
2. Trim the ends of the silverbeet and kale stalks. Keep the leaves separate. Keep two larger leaves of kale, tear into bite sized pieces and put on the baking tray.
3. Chop the remaining kale and silverbeet leaves and set aside.
4. Heat the oil in a large heavy based saucepan over low to medium heat. Sautè the silverbeet stalks and leek for 10 minutes, or until softened.
5. Add the garlic, silverbeet and kale leaves and cook, stirring until you can smell the garlic. You might need to add the leaves in batches, waiting for the leaves to wilt so they will all fit.
6. Add the cannellini beans and stock, bring to the boil over high heat and reduce heat to low.
7. Add the green peas and continue to simmer.
8. While your soup in simmering, spread the broccolini on the tray with the kale leaves in a single layer. Sprinkle with oil and salt.
9. Bake for 10 minutes or until the broccolini is charred and the kale is crisp.
10. Blend the soup until it is smooth.
11. Stir in the lemon juice and season with salt and freshly ground back pepper.

THE INGREDIENTS IN THIS RECIPE ARE IN SEASON DURING THE COOLER MONTHS. THIS IS A GREAT WAY TO NOURSH YOUR BODY THROUGH LATE AUTUMN TO EARLY SPRING

DIFFICULTY	Easy
PREP. TIME	00 mins
COOKING TIME	00 mins
SERVES	0

INGREDIENTS

1 large bunch of silverbeet or rainbow chard
2 tablespoons of olive oil
1 medium sized bunch of kale
1 leek
2 garlic cloves crushed
1 bunch of broccolini
1 cup of green peas (optional)
1 tin of cannellini beans
1 ¼ litres of vegetable stock
Juice of one lemon or lime
Greek yoghurt to serve

EQUIPMENT

Baking tray
Sharp knife
Heavy based saucepan
Stick blender





12. Ladle into bowls and top with yoghurt, roasted kale and broccolini.

Tips

You can really use any green vegetable or bean in this soup. Mung beans or white beans can work in place of the cannelloni beans.

If you are short on time you do not need to roast the kale and broccolini, just blend it all in.

If you have access to sunflower seeds or other types of seeds you can also add these to the top for a nice crunch.

