



# UCCOOK

## Broccoli & Leek Soup

with golden home-made breadsticks

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Veggie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Painted Wolf Wines | The Den Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	535kJ	3839kJ
Energy	128kcal	918kcal
Protein	4.8g	34.5g
Carbs	19g	135g
of which sugars	3.2g	22.7g
Fibre	2.8g	20.4g
Fat	3.9g	27.8g
of which saturated	1.8g	13.2g
Sodium	269mg	1930mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Leeks <i>trim at the base &amp; cut in half lengthways</i>
1	2	Garlic Clove/s <i>peel &amp; grate</i>
10ml	20ml	NOMU Italian Rub
60g	120g	Chickpeas <i>drain &amp; rinse</i>
1	1	Vegetable Stock Sachet
100g	200g	Broccoli Florets <i>rinse</i>
1	1	Lemon <i>rinse, zest &amp; cut ½ [1] into wedges</i>
50ml	100ml	Crème Fraîche
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
1	1	Sourdough Baguette <i>cut into 1-2cm thick breadsticks</i>
20ml	40ml	Grated Italian-style Hard Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Blender  
Paper Towel  
Butter (optional)  
Seasoning (salt & pepper)

**1. BEST BROTH EVER** Boil the kettle. Roughly chop the leeks. Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks until soft, 3-4 minutes (shifting frequently). Add the garlic, the NOMU rub and the chickpeas, and fry until fragrant, 1-2 minutes (shifting constantly). Mix through the stock, 250ml [500ml] of hot water, the broccoli, the juice from 1 [2] lemon wedge/s, the lemon zest (to taste), and simmer to warm through, 1-2 minutes (shifting occasionally).

**2. SMOOTH OPERATOR** Remove from the heat and pour the leek and broccoli mixture along with ½ the crème fraîche and ½ the parsley into a blender. Pulse until smooth and combined. Pour back into the pan, season and loosen with a splash of water if too thick. Keep over a low heat until serving.

**3. BREAD STICKS** Toss the bread sticks in a drizzle of olive oil and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Season and toss with the hard cheese while still hot.

**4. FOR THE FANCY TOUCH** Place the remaining crème fraîche into a bowl and loosen with water in 5ml increments until drizzling consistency. Season and set aside.

**5. SUPERB SOUP, CHEF!** Bowl up the broccoli soup and drizzle with the loosened crème fraîche. Garnish with the remaining parsley. Serve the golden breadsticks on the side along with any remaining lemon.