

# Spicy broccoli & chilli soup

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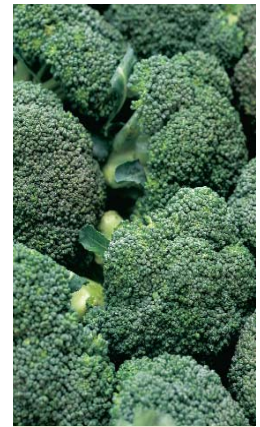
**Preparation:** about 20 minutes

**Cooking:** about 25 minutes

**Serves:** 4

2 tbs olive oil  
1 brown onion, chopped  
2 garlic cloves, crushed  
2 small red chillies, deseeded and finely chopped  
4 cups chicken or vegetable stock  
1 kg broccoli, trimmed and roughly chopped  
Salt and ground black pepper, to taste  
Toasted Turkish bread, to serve  
Extra chopped red chilli, to serve (optional)

1. Heat oil in a large saucepan over medium heat. Add onion, garlic and chillies and cook, stirring occasionally, for 3-4 minutes until onion is tender.
2. Stir in stock, cover and bring to the boil over medium-high heat. Add broccoli. Reduce heat, cover and simmer, stirring occasionally, for 15 minutes or until broccoli is tender
3. Remove from heat. Using a blender or food processor, blend soup to desired consistency. Stir soup over medium heat until hot. Season with salt and pepper to taste. Serve with toasted Turkish bread. Sprinkle with chopped red chilli if liked.



### Broccoli

- One of the most nutritious of all vegetables with some iron plus potassium and a high content of vitamins, including vitamin C. The body needs this vitamin for healthy gums and connective tissue throughout the body.
- A good source of folate, one of the B complex vitamins that is important for heart health.

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