

Broccoli and parmesan soup

Ingredients

300ml/10½oz hot vegetable stock
100g/3½oz broccoli florettes
3 spring onions, finely sliced
50g/1¾oz parmesan cheese, grated
1 tbsp, fresh parsley, chopped
3 small slices white toast
1 tbsp olive oil
salt and freshly ground black pepper

Method

1. Simmer the vegetable stock in a medium saucepan.
2. Add the broccoli and spring onions and simmer for five minutes.
3. Add the parmesan and most of the parsley and cook for a further two minutes.
4. Season to taste and pour into a liquidiser. Blend together to a purée.
5. Drizzle the toast with olive oil.
5. To serve, pour into a warm bowl and sprinkle with the remaining parsley. Serve the toast on the side.