

PEEL & STEM SOUP

🕒 25 min 🍴 Serves 2-4

Ingredients

- 320g potatoes
- 1 broccoli
- 1 onion
- 4 tsp vegetable stock
- ½ cup of coconut milk
- ½ lemon, juiced
- olive oil
- Salt & black pepper to taste

Method

1. Wash and peel potatoes. Soak peel in a bowl of water. Chop potatoes into 1cm cubes and soak in a separate bowl of water. Cut the broccoli into florets and chop up the whole broccoli stem. Peel & chop up the onion.
2. Heat a saucepan over medium-to-high heat with 1 tbsp of olive oil. Add the onion together with salt & pepper, fry off for about 5 minutes until soft.
3. Add potato, broccoli stem and the broccoli florets. Add two cups of boiling water and vegetable stock. Let simmer for 10 minutes.



4. Meanwhile, prepare the crispy potato skin topping: Heat up a pan over high heat with 1 tbsp of olive oil, add potato skins and fry until crispy, about 10 min.
5. Blend soup until smooth. Add coconut milk, lemon juice and season with salt & pepper to taste.
6. Serve soup with crispy potato skins and optional cheese.