

LEEK & BROCCOLI SOUP (V)

Serves 4
Per serving: 68 calories, 1.9g fat
Prep time 10 mins
Cook time 20 mins

INGREDIENTS

4 leeks, sliced
2 garlic cloves, crushed
1 tsp chopped fresh thyme
1 litre vegetable stock
200g broccoli florets
2 tbsps chopped fresh parsley
200ml semi-skimmed milk
2 tbsps fat-free Greek-style yogurt
freshly ground black pepper

METHOD

1. Place the leeks, garlic and thyme in a large saucepan. Add the stock and bring to the boil. Simmer gently for 15 minutes.
2. Stir in the broccoli and parsley and continue to cook until the broccoli is tender.
3. Pour into a liquidiser, add the milk and blend until smooth. Return to the saucepan to reheat, adding more seasoning if required.
4. Just before serving, remove from the heat and stir in the yogurt. Serve with a small granary roll per person.

