



Immunity Strengthening Soup

Yield: 8 people | Rating: 5/5 | Prep: 15 min | Source: #ParlezPantry

With the current weather, post heatwave and now cold and damp this immunity strengthening soup is full of nutrition that shall ban those outside chills.

Ingredients

Other ingredients:

- 2 tbsp oil (olive)
- 1 onion (diced)
- 1 leek (diced, white part only)
- 1 fennel (medium, chopped)
- 2 celery (stalks)
- 5 garlic cloves (minced)
- $\frac{3}{4}$ tsp all spice
- $\frac{3}{4}$ tsp cumin (powder)
- 1 potato (medium, 1.5 cm cubes)
- 1 broccoli (head, florets, peel and chop stalk too)
- 2 $\frac{1}{2}$ tsp salt
- $\frac{3}{4}$ tsp pepper (black)
- 1 $\frac{3}{4}$ litres water
- 1 cup peas (frozen)
- 5 cups kale (roughly chopped)
- 5 cups spinach (baby,)
- $\frac{3}{4}$ cup cream (double)

Garnish:

- 2 tbsp sunflower seeds (toasted, or croutons or other toasted nuts, or as here a sesame breadstick with a broccoli crown)
- Cream or oil (olive for drizzling)

Notes

This can be vegan if you use a vegan cream.



Instructions

1. Sauté the aromats and heat the oil in a very large pan or pot over medium a high heat. Cook the onion, leek, celery, garlic and fennel for 5 minutes until softened and the onion is translucent.
2. Toast the spices, all spice and cumin in a dry frying pan for 1 minute
3. Add the water, potatoes, broccoli, salt and pepper. Stir and bring to a simmer for 7 minutes, without a lid, until the broccoli is tender.
4. Add the peas, and simmer for 1 minute.
5. Remove the pot from the stove. Add the kale, and push it under the liquid, then blitz with a stick blender until mostly smooth. Add the spinach, push under the liquid then blitz again until smooth as possible, approx 3 to 5 minutes, lifting the blender every now and again. This will result in a smooth soup but with little green bits in it. The longer you blitz the less texture but finer the soup is, it is your choice.
6. Serve. Stir in cream. Ladle into bowls, drizzle with extra cream and/or olive oil and finish with a sprinkle of sunflower seeds. Eat and feel great!