

Broccoli and White Stilton Soup



Serves	Prep Time	Cooking	Total Time	Calories
4 people				239 kcal

Stuff that's in it:

- 1 Tsp Oil
- 10G Lurpack Lighter
- 150G Leek (Washed, Trimmed And Sliced)
- 400G Broccoli Head (Chopped Roughly)
- 1 Vegetable Stock Cube
- 1 Ltr Hot Water
- 340G Maris Piper Potato (Peeled And Chopped Into Small Cubes)
- 100G White Stilton (Sliced)

What you do:

Heat a large heavy bottomed pan and squirt a little oil, add the leek and sauté gently for a few minutes, add the potato and broccoli and butter, gently cook for a few minutes until softened slightly.

Add the stock cube with the water and mix. Season, place a lid on and cook for 15 minutes. Remove lid and Chuck in Stilton. Stir through, let cool slightly and then blend using a stick blender, ninja or food processor.

Nutrition

- Carbs: 24g

- Fat: 11g
- Protein: 10g
- Fibre: 6g

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