

BROCCOLI 'STALK' & BLUE CHEESE SOUP

Often thrown in the bin, the broccoli stalks deserve some attention and rightfully so! Gram for gram the stalk is just as nutritious as the floret who takes all the glory. They can be eaten raw drizzled with some olive oil and sea salt or just dipped into some hummus, even throw on the BBQ and charred, but then our comforting simple soup recipe is worth trying!

TIPS

- Why not make your vegetable stock with leftover vegetable trimmings, skin and herb stalks?
- You can use other cheese instead of blue cheese, cheddar, parmesan work really well

INGREDIENTS

1 large white onion, rough diced
2 tbsp rapeseed oil
1 stick celery or the leftover root, rough chopped
900g broccoli stalks
800ml vegetable stock
200g cashel blue, crumbled
Pinch salt & pepper

STEP 1.

Add the oil to a large saucepan over a medium heat, add the onion and cook until soft.

STEP 2.

Whilst the onions are cooking cut the broccoli stalk into 2cm sized chunks, add them to the pan fry for 2 minutes before adding the vegetable stock.

STEP 3.

Once the stalks are tender add the cashel blue cheese, then salt & pepper to taste once the cheese has melted puree the soup until smooth before dividing between 4 bowls or 2 if you are really hungry!