

# **Emma Sutherland N.D.BHlth Sc (CompMed) MATMS, MNHAA**

## **Broccoli Soup with Fetta, Basil and Lemon Zest**

I think broccoli must be my all time favourite vegetable and I eat it every day. It greatly increases your body's ability to detoxify toxins and is far more versatile than you think. Crunchy in a salad, steamed with a piece of fish or blended in a soup – whatever way you can increase your broccoli, just do it!

By adding cannellini beans it gives this soup a better protein component and also a creamy texture to the finished product. The sharp, saltiness of the fetta perfectly matches the aromatic basil and punchy lemon zest. I often make the soup and freeze it in batches so it's ready anytime I need a quick lunch or dinner.

### **Ingredients**

1 litre chicken stock, preferably organic or home made

2 big heads of broccoli

1 onion

3 cloves garlic

100gr cannellini beans

Fetta

Lemons – juice and zest

Fresh basil

Pepper to taste

### **Instructions**

Sautee onion and garlic till soft then add chicken stock and bring to a simmer. Add roughly chopped broccoli, cover and simmer for 20 minutes. Add cannellini beans and blend all together.

For each serve, add 2 tbsp crumbled fetta, 1 tsp lemon juice and zest and 5 torn basil leaves. I finish it off with a little black pepper and a drizzle of extra virgin olive oil.