

## Week 2 – Cooking (Wednesday)

- **Cooking - Broccoli & stilton soup**

<https://www.bbcgoodfood.com/recipes/broccoli-stilton-soup>

### **Ingredients**

- 2 tbsp rapeseed oil
- 1 onion - finely chopped
- 1 stick celery - sliced
- 1 leek - sliced
- 1 medium potato - diced
- 1 knob butter
- 1 litre low salt or homemade chicken or vegetable stock
- 1 head broccoli - roughly chopped
- 140g stilton or other blue cheese - crumbled

### **Method**

- Heat 2 tbsp rapeseed oil in a large saucepan and then add 1 finely chopped onion. Cook on a medium heat until soft. Add a splash of water if the onion starts to catch.
- Add 1 sliced celery stick, 1 sliced leek, 1 diced medium potato and a knob of butter. Stir until melted, then cover with a lid. Allow to sweat for 5 minutes then remove the lid.
- Pour in 1 litre of chicken or vegetable stock and add any chunky bits of stalk from 1 head of broccoli. Cook for 10-15 minutes until all the vegetables are soft.
- Add the rest of the roughly chopped broccoli and cook for a further 5 minutes.

- Carefully transfer to a blender and blitz until smooth.
- Stir in 140g crumbled stilton, allowing a few lumps to remain. Season with black pepper and serve.