



## Broccoli and Pea Miso Soup

with Crunchy Seed Topping



20-30min



2 Portions

Give broccoli soup an exciting Japanese makeover with a dose of dried kelp and bonito, fermented soybean paste and irresistibly moreish soy-marinated seeds and nuts. Exploding with umami-rich flavour, this vibrant bowl is like an Asian take on broccoli and Stilton soup, but with even more flavour and fantastic crunch to boot.

## What we send

- green peas
- roasted seaweed
- dashi powder
- 1 leek, ginger and 1 garlic clove
- broccoli
- miso paste <sup>6</sup>
- shichimi togarashi <sup>1,11</sup>
- sesame seed mix <sup>11</sup>
- slivered almonds <sup>15</sup>
- pepitas

## What you'll require

- soy sauce <sup>6</sup>
- vegetable oil
- water

## Utensils

- large saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

## Nutrition per serving

Energy 450.0kcal, Fat 22.5g, Proteins 25.0g, Carbs 28.6g



### 1. Prepare ingredients

Halve the **leek** lengthwise, then thinly slice. Peel and finely chop the **garlic** and **ginger**. Cut the **broccoli** into small florets and coarsely chop the stem.



### 2. Cook aromatics

Heat the **oil** in a large saucepan over medium heat. Add the **leek, garlic** and **ginger**, and cook, stirring occasionally, for 3 mins or until softened.



### 3. Add vegetables

Add the **broccoli, dashi powder** and the **water** (see staples list). Bring to the boil, then reduce heat to a simmer. Cover with a lid and cook for 8 mins or until broccoli has softened. Add **three-quarters of the peas** and cook for a further 2 mins or until heated through.



### 4. Prepare seed topping

While soup is cooking, put the **pepitas** and **almonds** in a cold medium frypan over medium heat. Toast, tossing, for 3-5 mins until golden. Stir in the **sesame seed mix**, then add the **soy sauce** and stir constantly until the liquid has evaporated. Remove from heat and sprinkle with **shichimi togarashi** to taste.



### 5. Add miso paste

Stir the **miso paste** through the broccoli mixture. Cook for a further 1 min or until very well combined, adding extra water for a thinner consistency, if necessary. Remove pan from heat.



### 6. Get ready to serve

Using a stick blender, process the soup until smooth. Divide soup among bowls and scatter over the **remaining peas**, the seed mixture and more **shichimi togarashi**, if desired. Serve with roasted seaweed.