

# DINNERLY



## Spring Vegetable Soup with Garlic Toast

 20-30 minutes  2 Servings

Enjoy spring in a bowl in a few easy steps. Cook sweet leek until tender, simmer with stock and Dutch carrots, then serve up with crunchy, garlic-brushed toast.

## WHAT WE SEND

- 140g baby spinach leaves
- 1 bunch Dutch carrots
- 2 vegetable stock cubes
- 1 head broccoli
- 1 sandwich roll <sup>1,6</sup>
- 80g leek

## WHAT YOU NEED

- boiling water
- olive oil
- salt and pepper
- sugar

## TOOLS

- baking paper
- medium saucepan with lid
- oven tray

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

## COOKING TIP

Ensure you don't brown the leeks. Keep the heat low and stir regularly. You'll be rewarded with naturally sweet leek flavour and clearer coloured soup.

## ALLERGENS

Gluten (1), Soy (6). May contain traces of other allergens.

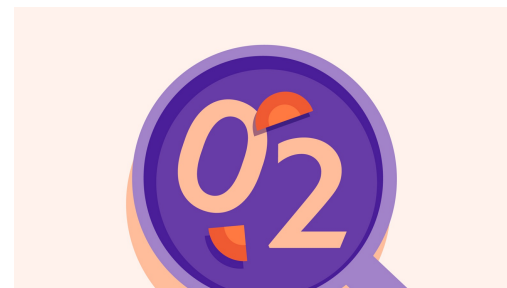
## NUTRITION PER SERVING

Energy 530kcal, Fat 30.7g, Carbs 40.9g, Proteins 16.1g



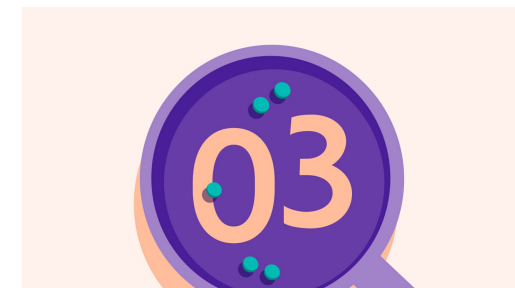
### 1. Prep vegetables

Preheat the oven to 200C. Line an oven tray with baking paper. Trim the green tops of the **carrots** to 1-2cm and discard, then peel and cut into 2cm chunks. Thinly slice the **leek**. Cut the **broccoli** into small florets. Finely chop or crush **2 garlic cloves**. Cut the **bread** into 1cm-thick slices.



### 2. Start cooking

Heat **2 tbs olive oil** in a medium saucepan over low heat. Cook the **leek**, **half the garlic** and **½ tsp sugar**, stirring, for 10-12 mins until softened (see Cooking Tip). Add the **carrot** and cook, stirring, for 3 mins or until softened.



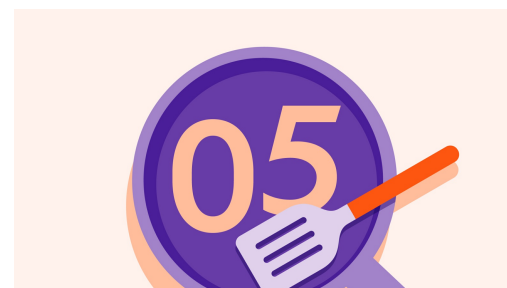
### 3. Add stock and simmer

Crumble the **stock cubes** into a heatproof jug, add **1L (4 cups) boiling water** and stir to combine. Add the **stock** to the leek mixture and bring to the boil. Cover, reduce the heat to medium-low and cook for 5 mins. Add the **broccoli** and cook for a further 3-4 mins until the vegetables are tender.



### 4. Make garlic toast

Meanwhile, combine **1 tbs olive oil** and the **remaining garlic** in a small bowl, then brush over one side of the **bread slices**. Put on the lined tray and bake for 8-10 mins until golden.



### 5. Serve up

Add the **spinach** to the soup and cook, uncovered, for 2-3 mins until the spinach starts to wilt. Remove from the heat and season with **salt and pepper**. Divide the **spring vegetable soup** among bowls and serve with the **garlic toast**.



### 6. Make it yours

Add extra protein to this nourishing soup by tossing in canned chickpeas with the broccoli or serve with poached eggs.