

Broccoli Coconut Soup

with Spinach and Crispy Shallots



20-30min



2 Servings

This brilliant green soup is packed with antioxidants from spinach, cilantro and broccoli and has a smooth, silky texture from coconut milk. A little curry paste adds just enough spice and depth and crispy shallots scattered on top bring a delightful crunch. Cook, relax and enjoy!

What we send

- fresh cilantro
- 1 shallot
- 13½ oz coconut milk ¹
- 3 oz baby spinach
- 1 lb broccoli
- 3 oz Israeli couscous ²
- 1 oz Thai red curry paste ³

What you need

- coarse salt
- freshly ground black pepper

Tools

- large pot
- small saucepan

Allergens

Tree Nuts (1), Wheat (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 375kcal, Fat 10g, Carbs 47g, Protein 15g



1. Cook couscous

Bring a medium pot of salted water to a boil. Add couscous to the water and cook until al dente, about 7 minutes. Drain. Peel shallot then slice thinly into rings. Roughly chop broccoli. Remove thicker cilantro stems.



2. Start soup

Place curry paste in a medium saucepan over medium heat and cook, stirring, until fragrant, about 1 minute. Add coconut milk and 3 cups water; season with salt and pepper to taste. Bring to a boil.



3. Add broccoli

Add broccoli, reduce to a simmer, cover and cook until broccoli is tender, about 10 minutes.



4. Brown shallots

Meanwhile, heat 2 tablespoons oil in a small saucepan over medium-high. Separate shallot into individual rings and cook until brown and crisp, about 3 minutes. Transfer to a paper towel to drain.



5. Blend

Remove soup from heat and add spinach and all but a small handful of cilantro. Transfer to a blender or food processor or use an immersion blender and blend the soup until smooth. Season well with salt.



6. Serve

Reheat if necessary then divide among bowls and top with couscous, shallots and remaining cilantro. Enjoy!