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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
- shallot
- can lite coconut milk
- baby spinach
- broccoli

What you need

- coarse salt
- freshly ground black pepper

Tools

- large pot
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 375.0kcal, Fat 10.8g, Proteins 15.8g, Carbs 47.6g



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.



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.



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.



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.



3. Add broccoli

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



6. Serve

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