



## **Creamy curried broccoli soup with coriander marinated mung bean sprouts**

*serves four, including seconds*

1 onion, finely chopped  
1 garlic clove, finely chopped  
a thumb-size piece of fresh ginger, grated  
1 tbsp extra-virgin coconut oil  
1-2 tbsp yellow curry powder  
2 cans à 400 ml organic coconut milk  
400 ml vegetable stock  
1 large head of broccoli, cut into smaller florets including the stalk  
1-2 tsp sea salt  
freshly ground black pepper  
juice from 1/2 lime to taste

- 1) In a medium pot, melt the coconut oil over medium heat. Add onion, garlic and ginger. Cook on medium low heat for about 5-7 minutes until slightly softened (do not brown). Add curry powder and stir until well blended.
- 2) Add coconut milk and vegetable stock and bring to a boil, cover the pot and simmer for 5 minutes. Add the broccoli and simmer for 5 more minutes, until the broccoli is just tender enough to purée.
- 3) Add salt and pepper to taste and puree the soup in a blender. Finish it off with the lime juice.

Serve with leftover pasta, quinoa (or the like), sour dough bread croutons or the mung beans below.

---

## **Coriander marinated mung bean sprouts**

1 cup sprouted mung beans  
2 tbsp olive oil  
juice from 1/2 lime  
fresh red chili, finely chopped (taste it first - and use according to your tastes)  
a good handful of fresh coriander, finely chopped  
sea salt

- 1) Combine all ingredients in a bowl, cover and place in the fridge.