



Creamy Broccoli & White Bean Soup

SERVES 4

Ingredients

- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 shallot, minced
- ½ tsp chili flakes
- 1 head of broccoli (450 grams), cut into florets
- 1 can cannellini beans (400 grams), drained and rinsed
- 3 cups low sodium vegetable stock
- ¼ cup cheddar cheese, shredded
- 4 tbsp sunflower seeds
- Salt and black pepper, to taste



Method of preparation

1. Heat the oil in a large pan over medium heat and sauté the garlic, shallot and chilli flakes for 1 minute until fragrant.
2. Add the broccoli, beans and vegetable stock. Cover the pan and let the soup simmer until the broccoli is tender, for about 5 minutes. Season with salt and pepper.
3. Using a hand-held blender or food processor, blend the soup until completely smooth.
4. Separate soup into 4 bowls. Divide the cheddar cheese and sunflower seeds among the 4 bowls, and top as garnish. Serve immediately.

Nutrition Information Per Serving

Energy	227.6kcal
Carbohydrate	24.8g
Protein	12.1g
Total fat	10.6g
Saturated fat	2.5g
Cholesterol	8mg
Dietary fibre	8.3g
Sodium	282mg
Carbohydrate exchange	~1.5 exchange

About the author: Phoi Yan Yin is a dietitian at Changi General Hospital. She enjoys travelling to explore different cultures and their cuisines, reading a good book, and trying out different recipes in the kitchen from time to time.