

CREAMY BROCCOLI LENTIL SOUP WITH MUSTARD SEEDS AND MICROGREENS

Yield: 6 servings

INGREDIENTS:

1 Tbsp olive oil
1 medium onion, chopped
3 garlic cloves, minced
1 cup red lentils, rinsed
1 large head of broccoli including the stems, chopped into large pieces *Reserve a cup of raw broccoli to add to soup at the end*
4 cups vegetable stock
1 can light coconut milk
2 Tbsp lemon juice
2 Tbsp mustard seeds,
75 gram container of spicy microgreen mix
Salt to taste

DIRECTIONS:

1. Heat oil in large soup pot.
2. Add onions and sauté for 3-5 minutes.
3. Add garlic and sauté for 1-2 minutes.
4. Add lentils, broccoli (remember to reserve a cup of raw broccoli to add to the soup at the end), stock and coconut milk.
5. Bring to a boil and cover. Cook on medium low for 15-20 minutes, or until thickened and lentils are soft.
6. Add the remaining raw broccoli.
7. Turn off heat and stir in lemon juice.
8. Puree the soup with an immersion blender, while leaving some pieces of broccoli whole.
9. Serve topped with mustard seeds and microgreens.

LOCATIONS:

1881 Yonge Street, Suite 600, Toronto, ON, M4S 3C4 or 1240 Bay Street, 9th Floor, Toronto, ON, M5R 2A7