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GREEN SOUP  
RECIPE

## GREEN SOUP



**COOK TIME** 20 mins  
**PREP TIME** 30 mins  
**SERVES** 4 x

GREEN SOUP

### INGREDIENTS

- 2 cups (1400 g) Broccoli
- 2 cups (300 g) Peas
- 2 cups (140 g) Spinach
- 1 cup (150 g) Green Onions
- 1 cup (150 g) Cashews
- 2 Tbsp MasterFoods™ Minced Garlic
- 1 Tsp MasterFoods™ Onion Salt
- 2 Tsp MasterFoods™ Oregano
- 6- cups (1500 mls, 48 fl oz.) Vegetables Stock
- - CASHEW CREAM
- 1 cup (150 g) Cashews
- 1 cup (250 ml, 8 fl oz.) Water
- 2 Tsp Lemon Juice
- 1 Tsp MasterFoods™ Garlic Powder
- ¼ Tsp MasterFoods™ Onion Salt
- MasterFoods™ Parsley for garnish

### METHOD

1. Simmer the chopped Broccoli, Peas, Spinach, Green Onions, Cashews, MasterFoods™ Minced Garlic, Onion Salt, Oregano, and the Vegetable Stock. Make sure the stock completely covers the vegetables.
2. When the Vegetables are just cooked and still have their colour, blitz in a blender to smooth.
3. Cashew Cream - Soak the cashews in the water for 30 minutes. Blend with liquid, and the Lemon Juice, MasterFoods™ Garlic Powder and Onion Salt. Serve in bowls with the cashew Cream on top and sprinkle with MasterFoods™ Parsley.