

Yes To Life Cookery Session with Hayley

Recipe: Supergreens Soup with Tamari Toasted Seeds

Equipment required:

1 flat oven tray lined with parchment paper
1 medium saucepan
Knife
Chopping Board
Peeler
Hand Blender or other blender (if available)

Ingredients required: (makes approx 4 large bowls)

* Please prepare the vegetables in advance as suggested

2 medium leeks - finely chopped
2 garlic cloves - finely chopped or grated
2 medium potatoes - roughly chopped
2 sticks of celery - roughly chopped
1 large head of broccoli - stem roughly chopped and florets broken into pieces (keep stem separate)
1 large handful parsley - roughly chopped stems and leaves (keep stems separate)
2 medium/large courgettes - roughly chopped
2 large handfuls of Fresh green leaves of choice - roughly chopped (i.e spinach, kale, chard, nettles, lettuce (one or a combination is nice of whatever you can get)
1 tin/jar of pre-cooked Cannellini beans, or cook from dried/soaked cannellini beans OR use
150g of ground almonds
Large knob of good quality butter, or you can use olive oil or rapeseed oil
Sea salt and black pepper
Squeeze of lemon juice

50g pumpkin seeds
50g sunflower seeds
25g sesame seeds
50ml approx of Tamari or Namu Shoyu

Hayleys Links:

Hayleynorth.co.uk

HolisticKitchenAcademy.com

Ebook available at: <https://payhip.com/b/VPpt>