

NutritionConfidence Recipes

Brought to you by ADSA
(Association for Dietetics in South Africa)

Creamy Broccoli & Barley Soup

Recipe by Vanessa Marx

Photograph by Claire Dunn

BROCCOLI SOUP

Ingredients

| | |
|----------------------------------|---------------------------------|
| 300 g broccoli florets | 1 sprig fresh thyme |
| 15 ml olive oil | 5 g fresh parsley |
| 1 medium onion, peeled & chopped | 1/2 cup cooked pearl barley |
| 100 ml water | 30 ml plain yoghurt for garnish |
| 100 ml reduced fat cream | |

Method

- 1 Put the olive oil, thyme and onions into a medium pot on a medium heat.
- 2 Sweat the onions until soft and translucent. Add the broccoli, cream and water and put a lid on the pot.
- 3 Cook for 5min until the broccoli is soft.
- 4 Add the parsley, and remove from the heat.
- 5 Blend in small batches until smooth. Do not over fill the blender or it will come out the side of the blender!
- 6 Remove the soup from the blender back into the pot and season with salt and pepper.
- 7 Add the cooked barley and heat the soup. Serve with a dollop of yoghurt to garnish and fresh chopped herbs.

Seed loaf recipe on next page

Serves 2 as a main
or 4 as a starter

Broccoli Soup (serves 2) - per serving: Energy: 1050 kJ Protein: 9.2 g Carbohydrate 17.4 g Total Fat: 13.2 g Fibre: 8.4 g Sodium: 62.5 mg

NutritionConfidence Recipes

Brought to you by ADSA
(Association for Dietetics in South Africa)

Creamy Broccoli & Barley Soup

Recipe by Vanessa Marx

Photograph by Claire Dunn

SEED BREAD (10 slices)

Ingredients

| | |
|--------------------------------------|------------------------------|
| 300 g stone ground bread flour | 20 g flax seeds |
| 150 g stone ground whole wheat flour | 20 g sunflower seeds |
| 5 g salt | 25 g digestive bran |
| 20 g poppy seeds | 40 g rolled oats |
| 30 g pumpkin seeds | 1 sachet dried instant yeast |
| 20 g sesame seeds | 425 g water (lukewarm) |

Method

- 1 Preheat the oven to 180 deg C.
- 2 In a large bowl, mix together the dry ingredients.
- 3 Make a well in the centre of the dry ingredients and add the lukewarm water.
- 4 Mix the dry ingredients into the water until all the ingredients are combined into a soft dough.
- 5 Grease a non-stick loaf pan and dust it with a little flour.
- 6 Pour the batter into the loaf pan and top with a few oat grains to decorate.
- 7 Put the loaf in a warm place to prove (rise) until nearly doubled in size.
- 8 Once your loaf has sufficiently risen, bake in the oven for 30-40min until deep brown and crusty.
- 9 Remove the loaf from the bread tin and place it in a wire rack to cool.

Makes 10 slices

We love it!

If you could choose only one vegetable to remain after drought or famine, it would be a good idea to choose broccoli!

Dietitians say...

Broccoli belongs to the cruciferous vegetable family (including kale, cauliflower, brussel sprouts, bok choy, cabbage, collard greens, rutabaga and turnips). They have a high nutrient density, which means that they are packed with vitamins (Vitamin A, C, K, Folate), minerals (potassium) and phytonutrients.

Eating a high amount of cruciferous vegetables has been associated with a lower risk of lung and colon cancer. Studies have suggested that sulforaphane, the sulfur-containing compound that gives cruciferous vegetables their bitter taste, is also what gives them their cancer-fighting power.

Also, studies have shown that getting adequate vegetables in, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory.

Bread, per slice (x10 slices per bread) Energy: 984 kJ Protein: 8 g Carbohydrates: 37 g Of which, total sugars: 0.5 g Fat: 5.4 g Fibre: 6.3 g Sodium: 199.2 mg