

# Alkalising Power Green Soup

## Ingredients – Serves 2

- 500ml stock, made by mixing 1 tbsp bouillon powder and boiling water in a jug
- 2 garlic cloves, sliced
- 1 Thumb-sized piece ginger
- ½ tsp ground coriander
- 3cm/1in piece fresh turmeric root, peeled and grated, or ½ tsp ground turmeric
- Pinch of pink Himalayan salt
- 200g courgettes
- 85g broccoli
- 100g kale
- 1 lime
- Small pack parsley roughly chopped,
- 1/2 teaspoon coconut oil



## Method:

1. Put the oil in a deep pan, add the garlic, ginger, coriander, turmeric and salt, fry on a medium heat for 2 mins, then add 3 tbsp water to give a bit more moisture to the spices.
2. Add the courgettes, making sure you mix well to coat the slices in all the spices, and continue cooking for 3 minutes. Add 400ml stock and leave to simmer for 3 mins.
3. Add the broccoli, kale and lime juice with the rest of the stock. Leave to cook again for another 3-4 mins until all the vegetables are soft.
4. Take off the heat and add the chopped parsley. Pour everything into a blender and blend on high speed until smooth. It will be a beautiful green with bits of dark speckled through (which is the kale). Garnish with lime zest and parsley.