

Biodynamic Food From Farm To Fork: Farm Green Soup from Pharmacy

Serves 4

Ingredients

Preparation time: 15–20 minutes, plus soaking time

1 tbsp cold-pressed coconut oil

1 leek, chopped

2 garlic cloves, chopped

1 large head of broccoli, cut into bite-sized pieces, stem peeled and chopped

850ml (11/2 pints) Vegetable Broth (see page 60), plus extra if needed

1 tsp salt

200g (7oz) Swiss chard, stems removed (keep the stems for Mushrooms and Chard Stems with Tarragon Sauce – see page 190)

100g (3 1/2oz) watercress

1 tsp spirulina

1/2 very ripe avocado

1 1/2 tbsp lemon juice

35g (1 1/4oz) almonds, soaked (optional, see page 49)

To garnish

Toasted pumpkin seeds sprouts

Cashew Yogurt (optional)

Olive oil, to drizzle

Method

1. Put the coconut oil into a heavy-based saucepan over a medium heat and sauté the leek until soft. Add the garlic and sauté for a further minute.
2. Add the broccoli, broth and salt and bring to the boil. Reduce the heat and simmer for 5 minutes. Add the chard and cook for a further 5 minutes.
3. Remove the pan from the heat and stir in the watercress and spirulina. Let the soup cool slightly, then transfer to a blender with the avocado, lemon juice and soaked almonds, if using. Blend until smooth. The longer it's processed, the smoother the soup will become. If it's too thick, add more stock until it becomes creamy.
4. Garnish with toasted pumpkin seeds, sprouts, Cashew Yogurt (optional extra) and a swirl of olive oil.

Discover more about Farmacy's pioneering approach to food and farming at farmacylondon.com