



# Stilton & Broccoli Soup

## INGREDIENTS

- Frylight cooking oil spray/oil
- A large broccoli florets
- 8 triangles Laughing Cow Light Blue cheese
- large onion peeled & diced
- large Sliced leek
- 200 g potato peeled & diced
- 700 g or ml boiling water
- 2 vegetable or chicken stock cubes
- 2 tsp dried thyme

## METHOD

- Spray Frylight/oil into pan and sauté the onions on low until soft.
- Now add all of the vegetables, spices and seasoning, some more fry light and pop the lid on - continue cooking for 10 minutes, shaking occasionally.
- Now add the boiling water and stock cubes.
- Cook for 20 minutes.
- Once everything is cooked transfer to a food blender and blitz until smooth.
- Add the cheese triangles and give another blitz.
- If all the soup is not used you can either store in the fridge or freeze.