

## Kale Soup

### INGREDIENTS

- 🍴 1 onion, peeled & chopped
- 🍴 2 cloves garlic, chopped
- 🍴 1tbsp olive oil
- 🍴 1 potatoes, grated
- 🍴 300g kale, washed & chopped
- 🍴 4 cups veg stock
- 🍴 Pumpkin & sunflower seeds to top

### METHOD

- 🍴 Cook the onion & garlic in the olive oil over a medium heat for 10 minutes
- 🍴 Add the kale, potato & veg stock and simmer for 20 minutes
- 🍴 Blitz till smooth, using a stick blender or food processor
- 🍴 Season and top with the seeds

