

Mushroom Tempeh Soup

🕒 30 - 45 Mins



Olive oil

1 white onion, finely chopped

2 garlic cloves, finely chopped

10 chestnut mushrooms, roughly chopped

2t fresh thyme leaves

1 litre water

2t stock powder

1/2 block tempeh, roughly chopped

Salt and white pepper

Black peppercorns

14 kale flowers or brussel sprouts

A squeeze of lemon juice



Preparation

Makes 2 portions

Cooking Instructions

- Heat the oil in a large pan
- Add the oil, fry it on a medium heat until soft
- Add the garlic and fry for another 5 minutes
- Add the mushrooms, thyme, water, stock and tempeh
- Simmer for 15 minutes, blend with a hand blender till smooth
- Taste and add salt and white pepper to your personal preference
- Grind the black peppercorns in a pestle and mortar
- Cut the kale flowers or sprouts in half length ways
- Heat a little oil in a frying pan on a high heat, add the kale flowers/sprouts
- Fry for a few minutes, add a splash of water, a dash of salt and a lid or plate to completely cover

- Cook for a few minutes until just cooked, you can put a fork into them
- Add the lemon juice and stir, remove from the heat
- Pour the soup into bowls and dress with the kale flowers/sprouts and black pepper