



2 Portions



30 minutes

Classical Ayurveda - broccoli- soup with quinoa



INGREDIENTS

a bit soup green (leek,
carrot, celery)

½ Brokkoli

Herbs: tumeric, fennel
seeds, cumin seeds,
coriander seeds (or
gounded) cardamon,
cinnamon

coup of quinoa

can coconut milc

topics: fresh Koriander

leaves, lamb's lettuce

(Feldsalat)

a few cashews

Pepper

Salt

PREPERATION

1. cut your veggies in small peaces
2. cook your quinoa around 10-15 minutes seperate
3. heat ghee or coconut oil in a pan and fry the herbs (5 minutes, not too hot, so they dont burn)
4. add your veggies and fry them as well (until you smell roasting aromas (röstaromen für den Geschmack, dann brauchst du keine Zwiebeln oder Knoblauch mehr) - add water until the veggies are covered and cook for around 10 minutes, check softness of veggies, add your coconut milc slowly (not the full can) - add salt and pepper
5. "Abschmecken": taste the soup and maybe add more salt and pepper - add your topics and enjoy <3

