

# Silverbeet Soup with Artichoke and Vintage Cheddar Toasts

## Ingredients:

2 brown onions  
2 cloves garlic  
¼ cup pitted green olives  
½ teaspoon cumin  
2 tablespoons avocado oil  
2 bunches silver beet  
1 bunch parsley  
1L vegetable stock  
2 table spoons double cream  
½ cup artichoke hearts  
1 spring onion  
1 small piece soft vintage cheddar  
Salt and pepper  
1 baguette  
2 table spoons extra virgin olive oil

## What to do:

- 1) Slice onions fine.
- 2) Put a large pot on the stove and heat avocado oil.
- 3) Cook onions.
- 4) Preheat oven to 200c.
- 5) Smash, peel and slice garlic, add to onions.
- 6) Wash and chop silverbeet.
- 7) Wash and chop parsley.
- 8) Add stock to the pot and bring to the boil.

- 9) Reduce heat and put a lid on the soup.
- 10) Drain artichokes and chop very fine.
- 11) Mash vintage cheddar with a fork in a small bowl and stir together with artichokes, season with salt and pepper.
- 12) Slice baguette thinly (1 per person).
- 13) Arrange on baking tray and brush with olive oil.
- 14) Bake breads for 10mins till crisp.
- 15) Squish spoonfulls of artichoke and cheddar mixture on toasts and serve.
- 16) Blend soup and serve in bowls, stir in cream slightly leaving some marbling.