



Tips For Fussy Eaters

Go easy on the chilli flakes.

Pro Tip

Enjoy any left-overs cold the next day, gazpacho style!

This low carb soup ticks all the boxes a healthy supper should.

Takes: 30 min | Equipment Required: Blender

Cals 640 | Prot 21 | Carbs 84 | Fat 27

Ingredients

For 2 For 3 For 4

| | | | | |
|----------------------|-----|------|------|-------|
| Leeks | 2 | 3 | 4 | Piece |
| White onion | 1 | 1 | 2 | Piece |
| Garlic cloves | 3 | 5 | 6 | Piece |
| Kale | 150 | 200 | 300 | Grams |
| Green peas | 150 | 250 | 250 | Grams |
| Salted butter | 20 | 30 | 50 | Grams |
| Olive oil | 1 | 2 | 2 | Tbsp |
| Water | 700 | 1050 | 1400 | ML |
| Vegetable stock cube | 1 | 2 | 2 | Piece |
| Sour cream | 60 | 90 | 120 | Grams |
| Black pepper | 0.5 | 1 | 1 | Tsp |
| Chilli flakes | 2 | 2 | 2 | Grams |
| Greek feta | 100 | 100 | 200 | Grams |



1 Prep

Wash, trim and finely slice the **leeks** (make sure to remove any grit between the leaves). Peel and finely slice the **onion**. Peel and mince the **garlic**.



2 Rinse

Strip the **kale** from its stem. Discard the stem. Wash the **kale** and **peas** in a colander.



3 Saute

Heat a large pan or pot over a medium-low heat with the **butter** and a drizzle of **olive oil**. Once hot, add the **onion** and **leeks** and cook for 7-8 min or until softened, but not browned. Add the **garlic** and cook for 1 min further.



4 Simmer

Add the **measured water**, **vegetable stock cube**, **kale** and **peas** and simmer for 10 min.



5 Blend

Using a hand-held blender or food processor, blitz the **soup** for 2-3 min until smooth. Add the **sour cream** and **black pepper** and simmer for 1-2 min further.



6 Serve

Divide among bowls and garnish with the **chilli flakes (spicy!)** and crumbled **feta cheese**.



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04-383-93-99