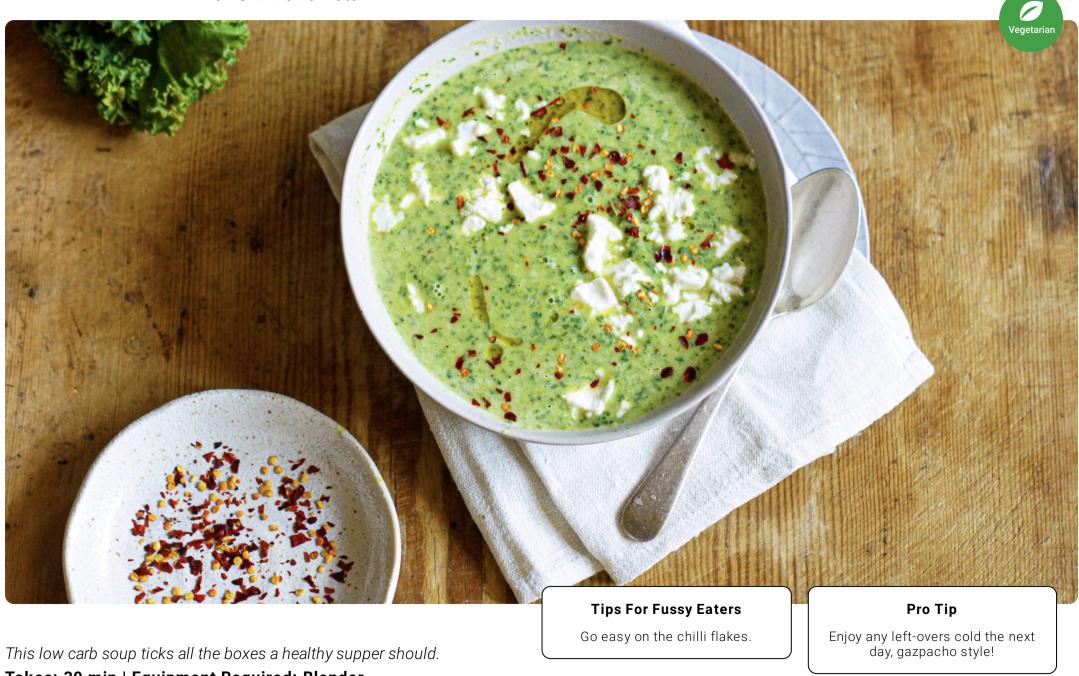
Green Pea and Kale Soup

with Chilli and Feta



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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