

## LEEK AND PEA SOUP WITH BASIL



Serves: 4 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 212 kcal 5g Fats 30g Carbs 11g Protein

## WHAT YOU NEED

- 2 tsp. coconut oil
- 3 ¼ cups (400g) leek, chopped
- 4 cups (1L) water
- 2 vegetable stock cubes
- 3 cups (450g) garden peas
- ½ cup (15g) fresh basil, chopped
- 1 ¼ cup (150g) feta, crumbled

## WHAT YOU NEED TO DO

Heat the oil in a large saucepan and cook the leek for 2 minutes. Add the water and the stock cubes. Bring to the boil and cook for a further 5 minutes.

Add in the garden peas and cook for another 2 minutes. Put three-quarters of the basil into the soup, turn off the heat and puree with a hand blender until smooth.

Divide the soup over 4 bowls and sprinkle with the crumbled cheese and the rest of the basil to serve. Season with freshly ground pepper.







