COURGETTE & PEA *soup*

This soup is super high in fibre and vitamins and low in calories.

The second time I made this soup, on my husband's request, he was watching and asked "are you sure that is all you did last time?" He was doubtful it would be as good as the first time simply because he saw how few ingredients it contained and how little time it took to prepare!

This is the perfect soup for anyone trying to get some more greens in, watching the weight and short on time.

INGREDIENTS

- 1 tbsp coconut oil
- 1 small leek, finely chopped
- 300g frozen peas
- 3 large courgettes, chopped
- 1 litre vegetable stock

INSTRUCTIONS

1. Heat the oil and sauté the leek for a 3-4 minutes.

2. Add the courgettes and frozen peas.

3. Pour in the stock and bring to the boil. Leave to simmer for 15 minutes.

4. Remove from heat and blend for desired consistency.

5. Add salt and pepper to taste.

SERVES
4 PEOPLE

PREP TIME
5 MIN

COOK TIME
15 MIN

TOTAL TIME
20 MIN

NUTRITIONAL INFORMATION

PER SERVING

CONTAINS:

131 KCAL
6G PROTEIN
4G FAT
13G CARBS

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