

A close-up photograph of a white ceramic bowl filled with a vibrant green pea soup. The soup is garnished with several fresh basil leaves, a dollop of white cheese, and a sprinkle of black pepper. The bowl is set on a dark wooden surface. In the background, another similar bowl is visible, slightly out of focus. A small sprig of basil and a wooden spoon are also visible in the upper left and center background.

**LEEK AND PEA
SOUP WITH BASIL**

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) light 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 a 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.