

Hot or Cold Watercress Soup

VITACRESS™

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Love your body™*

Preparation time: 20 minutes

Cooking time: 25 minutes

Ingredients:

50g/2oz butter
500g/1lb potatoes, peeled and
roughly chopped
500g/1lb leeks, sliced
500ml/1pt chicken stock
250ml/½pt single cream
170g/6oz of watercress (leaving
some sprigs for garnish)
salt and pepper

Method:

Melt the butter and gently fry the vegetables for 5 minutes. Add the chicken stock, bring to the boil and simmer for 20 minutes or until the potatoes are soft. Cool a little and add the cream and watercress. Liquidise until smooth. Season well and either heat through for a hot soup or chill for 3-4 hours for cold soup.



Nutrition:

Portions	4
Calories	332
Fat	23g
Saturated Fat	14g
Carbohydrate	24g
Protein	8g
Fibre	5g
Salt	1.05g