

# CHORIZO & PEA SOUP

## INGREDIENTS

1 LEEK  
2 WHITE POTATOES  
3 GARLIC CLOVES  
100G DICED CHORIZO

160G FROZEN PEAS  
CHICKEN STOCK CUBE  
1/2 TSP THYME

## HOW TO MAKE

- CHOP THE LEEK IN HALF AND MAKE SURE ANY GRIT IS REMOVED, AND THEN CUT IT UP INTO CHUNKS
- PEEL THE GARLIC AND CRUSH
- HEAT A LARGE SAUCEPAN AND DRIZZLE WITH OLIVE OIL AND A KNOB OF BUTTER
- ONCE HOT ADD THE LEEK AND GARLIC AND COOK FOR 3-4 MINS OR UNTIL SOFTENED
- BOIL A KETTLE
- CHOP THE POTATOES SKIN ON, INTO BITE SIZE PIECE
- ONCE THE LEEK HAS SOFTENED, ADD THE CHOPPED POTATIES TO THE POT WITH THE DRIED THYME AND STIR UP
- CRUMBLE THE CHICKEN STOCK CUBE, 600ML BOILED WATER TO THE POT, A PINCH OF SALT AND BRING TO THE BOIL
- ONCE ITS BOILING, REDUCE HEAT TO MEDIUM AND COOK COVERED FOR 15-18 MINUTES OR UNTIL POTATOES ARE FORK TENDER
- ADD THE FROZEN PEAS AND SIMMER UNTIL WARMED THROUGH
- BLEND WITH A STICK BLENDER UNTIL SMOOTH
- IN ANOTHER PAN HEAT AND ADD A DRIZZLE OF OIL, ADD THE DICED CHORIZO AND COOK UNTIL CRISPY
- SERVE INTO FOUR BOWLS AND SPRINKLE WITH DICED CHORIZO

*enjoy*

SERVES 4

NUTRITIONAL INFO

200 CALORIES | 11G FAT | 16G CARBS | 9.1G PROTEIN