



CUCUMBER, PEA & LETTUCE SOUP

A bowl of green tasty goodness we're sure your little ones will love!



Preparation time

20-25 mins

Servings

4 servings

Equipment

Frying pan

Saucepan

Hand blender

Knife

Chopping board

Ingredients

1 tsp rapeseed oil

Small bunch spring onions, roughly chopped

1 cucumber, roughly chopped

1 large round lettuce, roughly chopped

225 g frozen peas

4 tsp vegetable bouillon

4 tbsp yogurt (optional)

4 slices of bread – we like rye bread!

Instructions

1. Boil 1.3 litres of water in a kettle.
2. Heat the oil in a frying pan and cook the spring onions stirring frequently for 5 mins or until softened.
3. Transfer the spring onions to your saucepan and add the cucumber, lettuce and peas, then pour in the boiled water.
4. Stir in the bouillon, cover and simmer for 10 mins or until the vegetables are soft but still bright green.
5. Blend the mixture with a hand blender until smooth.
6. Serve hot or cold, topped with yoghurt (if you like), with rye bread alongside.

Tips

Why not add some croutons when serving. For homemade croutons all you need is some cut up bread, oil and salt. Just pop them in the oven to make them crispy!



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