

SOUP RECIPES



Pistou Soup

Ingredients (serves 10 x 300ml)

2 tbsp olive oil
150g (1) onion, finely chopped
150g (1) medium carrots, peeled and finely chopped
2 celery sticks, peeled and finely chopped
200g (1) small fennel bulb, trimmed and finely chopped
150g turnips, peeled and finely chopped
150g celeriac, peeled and finely chopped
150g parsnip, peeled and finely chopped

140g frozen peas
400g tinned haricot or cannellini beans
1.4 Ltrs boiling water
Salt & Pepper

Pesto

1 large bunch basil
1 clove garlic
100ml extra virgin olive oil
15g grated Parmesan

Method

1. Heat the oil in a large pan and sweat the onion, carrots, celery, fennel, turnip, celeriac and parsnip for 5-10 minutes.
2. Pour over the boiling water, season and simmer for 10-15 minutes, until the vegetables are tender.
3. At the last moment add the peas and the beans and cook for a further 1 min.
4. Taste and season with salt and pepper as necessary.
5. Meanwhile, make the pesto sauce.
6. Blanch the basil leaves in boiling water for 5 seconds, then remove and cool under cold running water.
7. Pat dry and purée all the ingredients in a liquidiser.
8. Taste and season, then reserve.
9. Serve the soup and top with a tsp of the pesto.

Key Nutrients

Portion	323g	100g	
Calories	196 (kcal)	61 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	13.5g	4.2g	Med
Saturates	2.2g	0.7g	Low
Sugars	4.5g	1.4g	Low
Salt	0.6g	0.2g	Low
Protein	5.3g	1.6g	–

Allergen Info: Milk, Celery