

WATERCRESS AND SPRING ONION SOUP



Food Fact:-

Watercress is a rich source of vitamins A, C and E and is also a good source of iodine assisting in the proper functioning of the thyroid gland. It has antibiotic properties.



Preparation time **5mins**

Serves 4

Cooking time **9mins**



Ingredients

WATERCRESS AND SPRING ONION SOUP

1. Put onions, garlic and potatoes in a bowl with half the stock. Cover and cook on FULL POWER for 6-8 minutes or until potatoes are soft.
 2. Add watercress, nutmeg and remaining stock. Cover and cook on FULL POWER for 3 minutes.
 3. Blend soup and season; add milk as needed for preferred thickness.
 4. Serve with a spoon of natural yoghurt.
- 6 spring onions, washed and sliced
 - 1 garlic clove, chopped
 - 450g potatoes, peeled and chopped
 - 500ml vegetable stock
 - 2x 85gm bags of watercress
 - 100ml milk
 - Pinch of nutmeg
 - Black pepper to season

