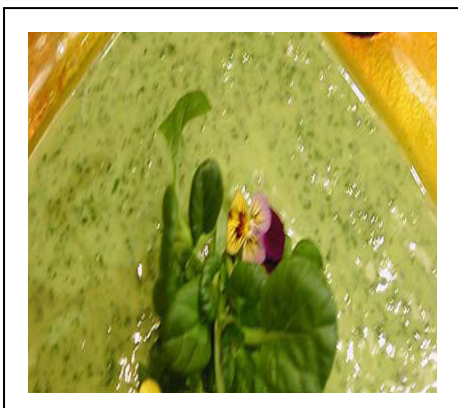


'What's Cooking!' Recipe Cards

WATERCRESS & COBNUT/HAZELNUT SOUP**Food Fact:-**

Watercress is rich in vitamin C, calcium, iron and folic acid. It is a cruciferous plant containing anti-cancer phytochemicals such as beta-carotene and flavonoids

Preparation time 8-10 mins

Serves 4

Cooking time 14mins

**WATERCRESS & COBNUT/HAZELNUT SOUP****Ingredients**

1. Cook the onion and butter in a large microwavable bowl on HIGH for 2 minutes to soften
 2. Pick over the watercress and discard the stalks, add all the ingredients except the butter, the flour and a small amount of watercress (for garnish), to the softened onion and cook on HIGH for about 10 minutes then liquidize.
 3. Melt the butter on HIGH for a few minutes, stir in the flour then gradually add the liquidized mixture while stirring.
 4. Thin with milk if required, then reheat for 2 minutes on HIGH
 5. Garnish with a little chopped watercress and a swirl of yoghurt
- 100g (4oz) cobnuts/hazelnuts whizzed finely in a food processor
 2 large bundles watercress
 2 medium potatoes, peeled and sliced
 1 medium onion, chopped
 2 ribs celery, chopped
 900ml (1.5 pints) chicken/vegetable stock
 2tbsp (1oz) butter
 2tbsp (1oz) plain flour
 150ml (5froz) low fat yoghurt
 milk to thin if required