



UCOOK

Leek, Pea & Rocket Soup

with croutons & crème fraîche

A beautiful medley of nutritious, green ingredients are blended together to form a base of silky leeks, peppery rocket & slightly sweet peas. The soup is elevated with lemon zest, vegetable stock & NOMU Italian Rub for a soup-er duper winter meal. Finishished with crispy croutons.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

100g	Leeks <i>trim at the base & cut in half lengthways</i>
1	Garlic Clove <i>peel & grate</i>
10ml	NOMU Italian Rub
120g	Chickpeas <i>drain & rinse</i>
10ml	Vegetable Stock
20g	Rocket <i>rinse & roughly shred</i>
50g	Peas
1	Lemon <i>rinse, zest & cut ½ into wedges</i>
50ml	Crème Fraîche
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	Sourdough Baguette <i>cut ½ into bite-sized chunks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel
Butter (optional)

1. GORGEOUS GREENS Boil the kettle. Rinse and roughly chop the halved leeks. Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the chopped leeks until soft, 2-3 minutes (shifting frequently). Add the grated garlic, the NOMU rub, and the drained chickpeas, and fry until fragrant, 30-60 seconds (shifting constantly). Mix through the stock, 250ml of hot water, the shredded rocket, the peas, the juice from 1 lemon wedge, and the lemon zest (to taste), and simmer to warm through, 1-2 minutes (shifting occasionally).

2. SMOOTH OPERATOR Remove from the heat and pour the leek, pea & rocket mixture along with ½ the crème fraîche and ½ the chopped parsley into a blender. Pulse until smooth and combined. Pour back into the pan, season, and loosen with a splash of water if too thick. Keep over a low heat until serving.

3. CRISPY CROUTONS Toss the bread chunks in a drizzle of olive oil and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Season while still hot.

4. FOR THE FANCY DRIZZLE Place the remaining crème fraîche into a bowl and loosen with water in 5ml increments until drizzling consistency. Season and set aside.

5. WINTER WARMER Bowl up the emerald soup and drizzle with the loosened crème fraîche. Top with the crispy croutons and garnish with the remaining parsley. Serve any remaining lemon wedges on the side.



Chef's Tip

Air fryer method: Coat the bread chunks in oil and season. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	576kJ
Energy	138kcal
Protein	5g
Carbs	21g
of which sugars	3.4g
Fibre	3.6g
Fat	3.6g
of which saturated	1.7g
Sodium	290mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days