



# UCCOOK

## Leek, Pea & Rocket Soup

with croutons & crème fraîche

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	572kJ	4216kJ
Energy	137kcal	1008kcal
Protein	4.9g	36.2g
Carbs	21g	152g
of which sugars	3.5g	26g
Fibre	3.7g	27.1g
Fat	3.8g	27.9g
of which saturated	1.7g	12.7g
Sodium	254mg	1872mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Leeks <i>trim at the base &amp; cut in half lengthways</i>
1	2	Garlic Clove/s <i>peel &amp; grate</i>
10ml	20ml	NOMU Italian Rub
120g	240g	Chickpeas <i>drain &amp; rinse</i>
1	2	Vegetable Stock Sachet/s
20g	40g	Rocket <i>rinse &amp; roughly shred</i>
50g	100g	Peas
1	1	Lemon <i>rinse &amp; cut ½ [1] into wedges</i>
50ml	100ml	Crème Fraîche
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
1	1	Sourdough Baguette <i>cut ½ [1] into bite-sized chunks</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Blender  
Paper Towel  
Butter (optional)  
Seasoning (salt & pepper)

**1. GORGEOUS GREENS** Boil the kettle. Roughly chop the leeks. Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks until soft, 2-3 minutes (shifting frequently). Add the garlic, the NOMU rub and the chickpeas, and fry until fragrant, 30-60 seconds (shifting constantly). Mix through the stock, 250ml [500ml] of hot water, the rocket, the peas, the juice from 1 [2] lemon wedge/s, 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 and rocket mixture along with ½ the crème fraîche and ½ the 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). Alternatively, air fry at 200°C until crispy, 6-8 minutes (shifting halfway). 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.