

Lunch

RECIPE CARD

Leek and Butter Bean Soup (serves 4)

RECIPE NAME

Lunch

MEAL TIME

10 minutes

PREP TIME

30 minutes

TIME TO COOK

A comforting mid-week dinner, serve with the handy bake at home rolls
(always check calories)

NOTES

Approx 274kcal
per portion

CALORIES

INGREDIENTS

- ★ 4 tsp Olive Oil
- ★ 500g Leeks, sliced
- ★ 4 Thyme Sprigs, *leaves picked*
- ★ 2 x 400g cans Butter Beans
- ★ 500ml Vegetable Bouillon Stock
- ★ 2 tsp Wholegrain Mustard
- ★ ½ small pack Flat-Leaf Parsley
- ★ 3 rashers streaky Bacon
- ★ 40g chopped Kale, *tough stems removed*
- ★ 25g Hazelnuts, *roughly chopped*

METHOD



Heat 1 tbsp oil in a large saucepan over a low heat. Toss in the leeks, thyme and seasoning. Cover and cook for 15 mins until softened, adding a splash of water if the leeks start to stick.



Add into the mix the butter beans with the water from the cans, the stock and the mustard. Bring to the boil and simmer for 3-4 mins until hot. Blend the soup in a food processor or with a stick blender, stir through the parsley and check the seasoning



Put the bacon in a large, non-stick frying pan over a medium heat. Cook for 3-4 mins until crispy, then set aside to cool. Add the remaining 1 tsp oil to the pan, and tip in the kale and hazelnuts. Cook for 2 mins, stirring until the kale is wilted and crisping at the edges and the hazelnuts are toasted. Cut the bacon into small pieces, stir these into the kale mixture.



Reheat the soup, adding a splash of water if it's too thick. Serve in bowls sprinkled with the bacon & kale mixture.