

# FIONA TUCK

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NUTRITION WELLNESS YOGA



## Easy Peasy Green Pea Soup

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### Ingredients:

2 tbsp extra virgin olive oil  
3 garlic cloves, peeled and finely chopped  
1 large leek, washed and finely sliced  
1 small green capsicum, washed, deseeded and finely chopped  
2 zucchini, washed and diced  
2 cups chicken stock or vegetable stock  
500g frozen peas  
1 large handful of washed organic baby spinach leaves

Prep: 10 mins

Cook: 2 mins

Serves: 2

### Directions:

1. Place oil in a pan over a low heat, add the garlic, leek, capsicum and zucchini and cook until just tender.
  2. Add the stock and bring to a simmer for 2 minutes.
  3. Add the peas and spinach and stir through until the spinach has wilted.
  4. Turn off the heat. Using a hand blender, blend until smooth.
  5. Place in serving bowls, season with sea salt and ground black pepper. Add a heaped tablespoon of goats milk yoghurt and a drizzle of Extra virgin olive oil to serve.
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