



SEASONAL LETTUCE, PEA & LEEK SOUP

Ingredients

- 2 leeks, finely sliced
- 10g unsalted butter
- 1 iceberg lettuce
- 10g plain flour
- 500g frozen peas
- 1 bunch mint or parsley, finely chopped
- 250ml low-salt vegetable stock
- 300ml milk

READY IN: 20MINS
SERVES: 5 PEOPLE

Directions

1. Wash leeks and lettuce and finely slice leeks
2. In a large saucepan, melt the butter and then add the chopped leeks and cook until they are soft
3. Roughly chop lettuce and add to the pan and cook for a minute
4. Add the flour and keep stirring for 3 minutes so that the flour cooks
5. Add the frozen peas, stir, and add chopped herbs
6. Slowly add the vegetable stock and stir so that there are no floury lumps
7. Simmer soup on a low heat for 5 minutes
8. Add the milk and simmer for 2 minutes
9. Season to taste and blend until the soup is smooth
10. Serve and enjoy!