

Watercress, Pear and Pea Soup

Ingredients – Serves 2

- 1 teaspoon of coconut oil
- 1 large onion, finely chopped
- 750ml chicken stock
- 1 ripe pears, peeled, cored and chopped
- 100g frozen peas
- 1 x 85g packs Grower's Selection Watercress
- 1 tablespoon Fat Free Greek Yogurt
- Black pepper to season



Method:

1. Heat the oil in a pan on medium, add the onion and fry for 3-4 mins until soft but not browned. Add the chicken stock, pears, peas and watercress, bring to a boil, then simmer (covered) for 4 mins. Allow to cool slightly then purée in a blender or with a hand-held blender.

2 To serve, season with freshly ground black pepper and finish with fresh watercress and a swirl of yogurt.