

# Super green veggie soup



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Preparation 25 mins | Cooking 25 mins | Serves 4-6

- 1 tbs vegetable oil
- 1 leek, trimmed, halved lengthways and thinly sliced
- 3 garlic cloves, finely chopped
- 1 long green chilli, deseeded and chopped
- 400g zucchini, diced
- 4½ cups chicken or vegetable stock
- 120g trimmed & torn kale leaves (about ½ small bunch)
- 400g can cannellini beans, drained and rinsed
- 250g trimmed English spinach leaves (about 2 small bunches)
- Pan-fried kale leaves, toasted salad seed mix & crumbled feta cheese, to serve

**STEP 1** Heat oil in a large saucepan over medium heat. Add leek and cook, stirring often, for 4-5 minutes until tender. Add garlic, chilli and zucchini and cook, stirring occasionally, for 3 minutes.

**STEP 2** Add stock and bring to the boil. Add kale and beans and cook, stirring often, over medium-high heat until kale just wilts. Reduce heat to medium-low and simmer, uncovered, for 5 minutes or until zucchini is just tender. Stir in spinach and cook until just wilted.

**STEP 3** Using a stick blender, blend soup until smooth. Heat over low heat until hot. Ladle into bowls. Scatter with pan-fried kale leaves, toasted mixed seeds and crumbled feta and serve.

## Good for you... **KALE**

*A good source of vitamins, including C and folate (both contribute to normal immune function), E (helps protect cells from damage by free radicals), K (important for normal blood clotting after injury) and beta carotene (converted to vitamin A in the body and necessary for normal vision). Provides iron (needed for red blood cells) and calcium (important for healthy bones).*

