

## Green Soup

This is a velvety, vitamin-rich offering with a happy zest for life and I hope it will give you a spring in your step. Like a lot of my soups (and most of my recipes!), this is a template which can be fiddled around with depending on what you have in your fridge or larder. Just try not to muddy the colour by going mad and adding carrots.

1 large onion or a couple of leeks roughly chopped

3 sticks of celery, chopped

Half a bag of kale or a bag of spinach

A handful of sorrel

Approximately 750g frozen peas

1 tin of white beans – eg haricot or butter

Half a lemon

1 ltr chicken or veg stock

A handful of tarragon (not essential but it is delicious)

Oil or butter for frying

Salt and pepper

Single cream or crème fraîche/buttermilk/natural yogurt to finish

To kick off with I would use a little butter with a little oil and gently sweat the onion or leek with the celery.

When it is good and soft add the peas, kale, the tin of beans (with the liquid) and the zest from the lemon.

Stir it around for a bit and add the stock and season it.

Let it come to a simmer and cook with the lid on for 15 minutes.

Add the tarragon and stir in a good dollop of single cream or buttermilk along with the lemon juice.

Blend until smooth. If it is too thick, just slacken it with a little water.

Top with another swirl of cream or sometimes it is nice to drizzle a little vinaigrette over the top for a little extra kick. Maybe a few toasted seeds.... I do like to add some crunch to a soup.

