

SUPERHERO SUMMER SOUP

This soup deserves the title 'Superhero' for two reasons. Firstly, it is packed full of vegetables and fruits, and secondly it's bright green colour may remind you of a particularly big, strong superhero that likes to "smash" things!

This soup recipe can be made in advance and keeps well in the fridge or freezer. It is lovely as part of a packed lunch and can also be adapted to make part of a larger main meal. All of the quantities below are enough for one generous serving. Just multiply the quantities by the number of people you want the soup to serve.

INGREDIENTS

1 x teaspoon of oil	You can use olive oil, vegetable oil or sunflower oil.
1 x spring onion	You could substitute with half a small onion instead.
1 x small potato	You want to use a floury potato for this recipe and not 'new potatoes' which tend to have a firmer, waxier texture.
150ml of water or stock	You can use water, vegetable, chicken or lamb stock. If you use a stock cube don't add any more salt later on.
1 x small courgette	If you only have larger courgettes, use half per person.
1 x small block of frozen spinach	Most frozen spinach comes in blocks. You can substitute with a large handful of fresh spinach or other leafy green vegetable.
1 x handful of frozen peas	Frozen peas are available year round, but you could use fresh peas if you have grown them at home.
Herbs to taste	Parsley, mint and chervil would all work well in this recipe.
Salt and pepper	Add ground pepper, and a little bit of salt to your taste.

EQUIPMENT

- Chopping board.
- Scissors.
- Saucepan, preferably with a lid.
- Wooden spoon.
- Vegetable peeler.
- Sharp knife or grater.
- Hand blender or liquidiser (optional).

METHOD

1. Remove any damaged leaves from the spring onion. Using the scissors carefully snip the spring onion into small pieces. Use as much of the green leaves as you can, you only want to discard the hairy root.
2. Add the oil and the pieces of spring onion to the saucepan. Gently stir with a wooden spoon to coat the pieces of spring onion evenly with the oil. Place the saucepan over a gentle heat and put the lid on. You want to soften the spring onions, but don't let them brown.
3. Next peel your potato, and either cut it into small pieces or grate it on the coarse side of your grater. Add the prepared potato to the saucepan followed by the water or stock. Stir everything together before replacing the lid and turning the heat up to medium. You want to bring the mixture up to a simmer, but don't let it boil.
4. Cut your courgette into small pieces, or grate it on the coarse side of your grater.
5. Remove the lid from the saucepan being careful of any steam that may escape. To avoid being splashed by the hot contents of the pan, add your courgette and frozen spinach gently. Give the soup a good stir before replacing the lid and bringing it back up to a simmer.
6. Once the spinach is fully defrosted and the potato cooked through, you can turn off the heat and carefully add your frozen peas and any herbs that you are using to the saucepan. Give the soup a final stir. The frozen peas will defrost in the hot soup within a few minutes.
7. For a smooth textured soup you will need to use a hand held blender or liquidiser. Add more water or stock a little bit at a time until you get the consistency you want.
8. Now you can sample your soup and add any salt or pepper to your taste. This soup can be served hot or cold, so either re-heat it in the saucepan if necessary, or chill it in the fridge before you serve and enjoy!

VARIATIONS

- There are lots of different fresh or dried herbs you can use to flavour your soup; dill, basil, oregano and tarragon would all work well.
- Adding the zest and juice from a lemon or lime will give your soup a fruity zing!

MAKE IT A MEAL

- Serve your soup with chunky cheesy croutons or cheese on toast.
- A thick version of the blended soup makes a great sauce for cooked pasta or as the sauce in a pasta bake. You could try adding cooked chicken, broccoli, extra courgettes or feta cheese.