

**USE
IT UP™**



**COOK
ME**



LEFTOVER LETTUCE SOUP



LEFTOVER LETTUCE SOUP



Prep time



Cook time



Serves

NEED

3 tbsp olive oil

1/2 bunch spring
onions, chopped

2 cloves garlic, chopped

4 cups chicken or
vegetable stock

3 cups shelled fresh peas or
frozen peas, thawed

1/4 cup fresh flat-leaf
parsley leaves

1 head of old lettuce,
stripped of any bad leaves

salt & freshly ground pepper
yoghurt, to serve

HOW

1. Heat oil in a pot over medium heat. Add onion and cook, stirring often until softened but not browned, then add garlic and cook for 2 minutes.
2. Add 2 cups of the stock and bring to a boil.
3. Add peas, reduce heat, and simmer gently until tender, about 5 minutes for fresh peas, about 2 minutes for frozen.
4. Remove pot from the heat. Add parsley, lettuce, and remaining 2 cups of stock to the pot.
5. Purée soup until smooth and season with salt and pepper.
6. Serve with olive oil and yoghurt.

USE IT UP TIP:

Try using any leftover greens in this recipe - spinach, chard, and throw in any herbs that need using up!

A Recipe by



**SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.**