

Midsummer House

Watercress and spinach soup, poached hen's egg, smoked oil and seeds



Serves 4 or 2 as a large portion

Prep time - 5 minutes

Cooking time - 20 minutes

Equipment -

Jug blender or hand blender

Sieve

2 Large Saucepans

Serving bowls

Allergens -

Eggs

Gluten (check stock cube ingredients)

This is a great all-round soup. It can be served chilled or hot and if chilled and stored in the fridge, can be kept for 2 days.

Watercress and spinach soup

Ingredients -

1 small onion, sliced

1 clove garlic

Coconut oil

Salt

1 litre vegetable stock

50g long grain rice, cooked

550g watercress, washed

250g spinach, washed

2 tsp smoked extra virgin rapeseed oil



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Method –

Heat a large saucepan over a medium heat. Lightly coat with coconut oil. Add the onion and garlic and reduce the heat. Add a pinch of salt, cover with a lid and cook for 5 minutes.

Add the rice along with the stock and bring to the boil.

Add the spinach and watercress and boil for 1 minute.

Lightly season with salt and pour into a blender jug and blend for 2 minutes (or use a hand blender) until smooth.

Pour the soup through a sieve into your serving bowls.

*If you want to keep the soup for another day or to serve it cold, in order to keep it fresh and green it's important to chill it. Once blended, pour it into a glass or metal bowl sitting on some ice to chill it down.

Poached egg

Ingredients -

4 large free-range eggs

50ml white wine vinegar

Salt

Method –

Bring a large pan of water to the boil.

Add the vinegar, this helps to keep the white of the egg together.

Using a spoon, swirl the water round in a circle.

Crack the eggs into the water and reduce the heat so the pan is lightly simmering.

Cook for 3 ½ minutes for runny centres or 6 minutes for a firm egg.

Remove the eggs from the water with a slotted spoon and place straight into the serving bowls. Season with a little salt.

If you're preparing your eggs in advance, place them straight into ice water, these can be reheated in boiling water for 1 minutes when you're ready to serve.

To serve –

2 tsp smoked extra virgin rapeseed oil

100g Holland & Barrett omega sprinkle seed mix

Warm the soup in a pan on a medium heat.

Reheat the poached eggs if prepared in advance.

Add the eggs to the bottom of each serving bowl, season with salt and pepper.

Pour the soup over the top of the egg.

Drizzle the oil on top of the soup and sprinkle over the seeds.

Serve straight away.

If you want to bulk this meal up, add some brown rice and boiled spinach to the bowl.

