



CHESTNUT, LENTIL AND KALE SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 sticks celery, sliced
- 2 carrots, sliced
- 2 packets vacuum packed cooked chestnuts
- 1 litre of stock (beef, chicken or vegetable)
- 1 large handful of kale or calvo nero
- 1/2 packed of vacuum packed puy lentils
- salt and pepper to taste
- large dollop of Greek yoghurt to top

METHOD

- Heat the olive oil in a large pan and add the onions, celery and carrots. Sauté for 10 minutes.
- Add the cooked chestnuts and stock and bring to the boil.
- Add the kale or calvo nero and cook together for 20 minutes.
- Add the lentils and simmer for another 5 minutes.
- Add salt and pepper to taste.
- Add the soup to a blender and blend until smooth.
- Pour into bowls and top with a large dollop of Greek yoghurt.

PREP TIME

- 30 minutes

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