



WATERCRESS AND WILD GARLIC SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2

1 large sweet potato
400ml stock (chicken or
vegetable)
200ml coconut milk
100g watercress
large handful of wild garlic
1 poached egg, optional

METHOD

1. Peel the sweet potato and then cut into thin slices.
2. Place the sweet potato in a saucepan along with the stock and cook over a gentle heat for 8-10 minutes until the sweet potato is cooked. Cooking time will depend on how thinly you sliced the potatoes.
3. Place the potatoes, stock, coconut milk, watercress and wild garlic in a high speed blender until smooth.
4. This makes a delicious spring starter - but if you are having as a main meal then add a poached egg to the soup.
5. Season and serve.