



Purple Carrot

Cook

WATERCRESS SOUP

SERVES 4 / PREPARE 10 MINS / COOK 15-20 MINS

Ingredients

SOUP		400g	Watercress stalks and leaves
2tsp	Coconut oil		
1	Large onion, roughly chopped	A pinch	Nutmeg
2	Garlic cloves, roughly diced	A handful	Fresh Parsley
150g	Celeriac peeled and roughly diced	Salt & pepper (remember that watercress is peppery)	
1L	Bone broth or vegetable stock	NUT CREAM	
1	Large potato, peeled and roughly diced	16	Brazil Nuts (or cashew nuts)
		2 tbsp	Lemon juice
		2 tbsp	Extra virgin olive oil
			Salt and pepper

Instructions

Heat the coconut oil in a large saucepan with a lid over a low heat and gently fry the onion and garlic for about 5 min until softened but not brown.

Turn up the heat to medium and add the celeriac and potato stirring to coat with oil.

Add the bone broth, add salt and pepper to taste.

Put the lid on a leave to simmer for about 15-20 min, or until the celeriac is tender. Turn off the heat.

Meanwhile, blend the ingredients for the Brazil nut cream in the blender with 4 tbsp of warm water. Season to taste and transfer to a small jug or bowl to serve.

Without washing the blender, pour in the celeriac soup base and add the watercress. If the blender is small, then do this in batches. Alternatively, carefully blend the soup together in the saucepan using a hand-held blender. Add more liquid if you want to adjust the consistency blend for longer. Season to taste and ladle into bowls.

Drizzle with the Brazilian nut cream and top with ground nutmeg.



Nutrifacts



Watercress are high in cancer-protective GLUCOSINOLATES and LUTEIN plus ZEAXANTHIN, two powerful antioxidants that can protect against degenerative eye conditions.

Watercress are also high in VITAMIN C AND K and even CALCIUM to maintain strong bones!

Celeriac is a good source of VITAMIN C to support the immune system and healthy skin. It also contains good levels of FIBRE to help maintain a healthy digestive system.

Brazil nuts are high in FIBRE and PROTEIN as well as fat. However not all fats are equal and Brazils are high in cardioprotective MONO-UNSATURATED FATS.

Additionally, **Brazil nuts** are a good source of the antioxidant SELENIUM that plays an important role in fertility.

Bone broth made with organic bones is a fantastic source of AMINOACIDS and nutrients.