



## Spinach and Watercress Soup

(makes 4 servings)

*It is almost impossible not to start slurping this soup straight from the blender the minute you have blitzed it - the rich, green colour, the velvety smoothness and that subtle 'irony edge' that you just know is providing vitamins and minerals in abundance makes this a quick-fix elixir you have to repeat again and again! And the oats add some protein making this a soup that fills you up for a good few hours...*

### Ingredients

2 tablespoons light olive oil  
1 medium onion, peeled and finely chopped  
1 litre chicken or vegetable stock  
1 heaped tablespoon porridge oats  
2 bags spinach leaves  
1 bag watercress  
Fresh lemon juice  
Sea salt and freshly ground black pepper

### Method

Warm the oil in a large soup pot and sauté the onion gently until soft.

Add the stock and the porridge oats, bring slowly to the boil, turn down the heat and simmer for 15 minutes.

Add the spinach and watercress and keep stirring whilst bringing the soup back to the boil then turn off the heat.

Blend the whole lot until you have a smooth, foamy soup then return to a clean pan.

Heat through gently, add a good squeeze of lemon juice and check the seasoning.

You can grate a little lemon zest on top of each bowl for added zing.