



Recipe Category / Soups

Vegetable soup

15'
Hands on

35'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

- 2 tablespoon(s) olive oil
- 1 onion, chopped
- 3 potatoes, small, peeled and cut into 1 cm cubes
- 3 clove(s) of garlic, minced
- 4 carrots, medium, peeled and cut into 0.5 cm slices
- 1 cabbage, small, cut into 0.5 cm slices
- 1 liter water
- 1 bunch rocket
- salt
- pepper

To serve

- chili pepper, thread
- 180 g smoked salmon

Method

Photo credit: G. Drakopoulos - Food
Styling: T. Webb

- Heat the oil in a large [pot](#) over medium heat.
- Add the onions, potatoes, garlic and carrots. Cook for 5-8 minutes, until the vegetables start to turn light golden.
- Add the Chinese lettuce and cook for a few more minutes.
- Add the water or stock. Turn up heat and bring to a boil. When it starts to boil, lower the heat and simmer for 10-12 minutes, until the lettuce softens.
- Remove from heat and set it aside to cool for 15 minutes. Add the rocket.
- Beat the mixture in a food processor until it is smooth. Season to taste.
- When smooth, heat the soup again over low heat.
- Serve in bowls and top with chili thread. Serve with smoked salmon.

Διατροφικός πίνακας

Nutrition information per portion

186 Calories (kcal)	6.4 Total Fat (g)	1.1 Saturated Fat (g)	26.0 Total Carbs (g)
9%	9%	6%	10%
6.4 Sugars (g)	3.5 Protein (g)	5.5 Fibre (g)	0.2 Sodium (g)
7%	7%	22%	3%