



Instant Pesto Soup in a Jar

20'
Hands on

4
Portion(s)

1
Difficulty



Ingredients

- 400 g peas, boiled
- 300 g pesto alla Genovese
- 2 spring onions, fresh, sliced into rounds
- 200 g couscous
- 1/2 bunch mint leaves, fresh, only the leaves
- 1/2 teaspoon(s) salt
- 1/4 teaspoon(s) pepper
- 2 tablespoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per portion

688 Calories (kcal)	44.0 Total Fat (g)	7.6 Saturated Fat (g)	50.0 Total Carbs (g)
34%	63%	38%	19%
7.6 Sugars (g)	19.0 Protein (g)	8.3 Fibre (g)	1.0 Sodium (g)
8%	38%	33%	17%

Method

- You will need 4 jars that can hold 400 ml each.
- Spread 2 heaping tablespoons of pesto sauce on the bottom of one jar.
- Continue adding the rest of the ingredients in layers in the following order: 2 tablespoons of couscous, 2 tablespoons of peas, mint leaves, salt, pepper and last the spring onions.
- Refrigerate.
- When ready to serve, add enough boiling water to completely cover all of the ingredients.
- Season to taste, add 1 teaspoon olive oil and stir.
- Cover and set aside for 2 minutes.
- Ready to serve!
- Repeat the same process for the remaining 3 jars.

Tip

You can make this instant soup with any leftover ingredients you may have! Prepare it at home and take it with you to work or anywhere you like! Just add boiling water when you get hungry!