



BODIcafé Yellow Split Peas, Kale and Spinach Soup

Serves - 2

Prep + cooking time - 40min

Ingredients

- 1 ½ cups of cooked Bodicafé Yellow Split Peas
- 2 onions peeled and chopped
- 3 tbsp sun flower cooking oil
- 2 large leaves of kale rinsed and chopped
- 2 large leaves of spinach rinsed and chopped
- ½ tsp crushed garlic
- 3 tbsp vegetable stock powder
- ½ tsp chili flakes
- ½ tsp mix herbs

Method

1. Heat oil in a medium saucepan, add the onions and cook gently for 5 min
2. Add kale and spinach, and then stir in the garlic, gently cook for 5 min
3. Combined the kale and spinach mixture with the cooked split peas Add vegetable stock, mix herbs, chili flakes, salt to taste and 1 cup water
4. Cook for 10 min or until all the flavours combine
5. Remove the soup from heat and place in a food processor and blend until smooth
6. Add another cup of water if necessary, and then return soup to pot and gently cook for 5 min over medium heat
7. Serve immediately