

# Watercress Soup

Serves 4

## Ingredients

1 tsp butter  
2 onions or 1 leek, trimmed, cleaned and roughly chopped  
2 sweet potatoes or 1 whole celeriac, peeled and chopped  
1 bunch watercress (about 120g), larger stems removed  
1 litre chicken or vegetable stock  
A grating of nutmeg  
2 tbsp kefir yoghurt or crème fraiche to serve

## Method

1. Melt butter in a saucepan and add onion or leek and saute gently for a few minutes until starting to soften
2. Add the potato and watercress and cook over a low heat for 5 minutes until the watercress has wilted
3. Add the stock and nutmeg and season well with sea salt and freshly ground black pepper.
4. Bring to a simmer and cook for about 15 minutes until the potato is tender.
5. Remove the pan from the heat and blitz the soup in a blender or use a stick blender.
6. Serve with a swirl of yoghurt.