

Less than 30 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) canola oil
- 2 onions, chopped
- 2 stalks celery, sliced
- 3-4 cloves garlic, chopped
- 8 (about 1kg) large potatoes, peeled and cubed
- 4 cups (1L) vegetable stock
- Handful fresh thyme
- 2 red chillies, halved
- ½ cup (125ml) cream
- 2 Tbsp (30ml) chopped fresh coriander or thyme
- Salt and milled pepper

For serving:

- 1 cup (130g) leftover shredded chicken (optional)
- 2-3 baby marrows, sliced and roasted
- Handful frozen peas, blanched
- Crusty bread

Method:

GOOD IDEA

Make a big batch and freeze for when the craving hits.

1. Heat oil in a large pot and fry onion and celery for 3 minutes.
2. Add garlic and potato cubes and fry for another minute or two.
3. Add stock, thyme and chillies and simmer gently for 20-25 minutes.
4. Blitz until smooth and pour back into the pot.
5. Add cream and herbs, and season generously. Allow to reheat.
6. Ladle soup into bowls and top with chicken, baby marrow and peas.
7. Serve with crusty bread.