



COMOSHAMBHALA



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This is a perennial favourite - packed full of iron from both the greens and the seaweed. We first started serving this soup during summer yoga retreats in Bhutan, where peppery watercress grows rampant.

Vitamin-Rich | Mineral-Rich | Antioxidant-Rich | Digestive Support | Rejuvenating | Raw | Gluten-Free

CHILLED 'GREEN GODDESS' SOUP

SERVES 4

INGREDIENTS

1 SMALL ONION, SLICED
2 CLOVES GARLIC
60G/2½OZ (2½ CUPS) ENGLISH SPINACH
250G/9OZ (7 CUPS) WATERCRESS
55G/2OZ (2 FIRMLY PACKED CUPS) BASIL LEAVES
40G/1½OZ (2 FIRMLY PACKED CUPS)
FLAT-LEAF PARSLEY LEAVES
250ML (1 CUP) YOUNG COCONUT WATER
SEA SALT AND GROUND WHITE PEPPER, TO TASTE
3 TEASPOONS RAW HONEY
50ML (SCANT ¼ CUP OR 2 FL OZ) LEMON JUICE

To make the 'Green Goddess' soup, place the onion, garlic, spinach, watercress, herbs and coconut water in a blender and blend until smooth. Season with sea salt and a grind of white pepper, then add the honey and lemon juice. (If the soup is being made ahead of time, store in a fridge without adding the lemon juice until the time of serving.) Blend to combine.

To serve, pour the soup into chilled bowls. Top with a quenelle of avocado crush and scatter with seaweed and watercress leaves.

TO SERVE

125ML (½ CUP) AVOCADO CRUSH
20G/¾OZ (¼ CUP) SOAKED HIJIKI SEAWEED
OR SEA SPAGHETTI
9G/½OZ (¼ CUP) WATERCRESS LEAVES

This recipe is one of 147 signature recipes from our cookbook, *The Pleasures of Eating Well: Nourishing Favourites from the COMO Shambhala Kitchen* (Clearview, 2016) – each one selected to bring our renowned style of taste and nutrition to the home kitchen.