

Watercress Cappuccino

Makes 4 portions

Ingredients

1 onion, finely chopped
40ml olive Oil
1 medium potato, peeled and finely chopped
20ml clear chicken or vegetable stock
100g watercress leaves
250ml low fat yogurt
salt & pepper to season

Method

1. Gently fry the onion in the oil until soft but not coloured. Add the potato and stir well
2. Pour over the stock and bring to the boil. Cover and simmer for 15 mins until the potato is tender. Add the watercress and remove from the heat.
3. Place in a blender and blend until smooth. Return to the pan and add the yogurt and gently reheat the soup.
4. Gently froth the soup with a hand blender, garnish with a few watercress leaves and serve.