CREAM OF POTATO AND LETTUCE SOUP WITH FRESH HERBS

Categoria: First Courses **Tempo di preparazione:** 10 minutes + time to boil the potatoes **Difficoltà:** facile

Ingredienti per 4

- 60 g basil
- 20 g rocket
- 4 large lettuce leaves
- 50 g walnuts, shelled (optional)
- 2 potatoes
- 6 tablespoons extra virgin olive oil
- lemon juice, to taste
- fennel seeds, to taste
- pepper, to taste

Creamy and delicate, the fresh taste of the lettuce lightens the earthy flavour of the potato in this cool, summery vegetarian soup. If you've never cooked lettuce before, this is a good introduction; lettuce has as much to offer us cooked as it does for a salad.

Difficulty: **easy**
Cost: **low**
Preparation time: **10 minutes + time to boil the potatoes**
Serves: **4**

Method

Rinke the basil, rocket and lettuce well; set them aside, resting on paper towels, to dry.

Meanwhile, boil 2 potatoes in their skins and, when cooked, peel them and leave them to cool.

Put the dry basil, rocket and lettuce in a blender and, if you wish, the shelled walnuts. Add the potatoes, lemon juice, 6 tablespoons of extra virgin olive oil, season with salt and pepper and about 10 fennel seeds. If the soup is too dense, add a little water slowly until the soup is the right consistency.

Serve the soup in individual bowls, garnished with a few herbs and some fennel seeds if you wish. Enjoy!