

Simple broad bean and ham summer soup

Low fat

Broad beans add vibrancy and colour to this tasty, low-fat soup, plus they are an excellent source of both fibre and protein.

Preparation time: **15 minutes**

Cooking time: **15 minutes**

Total time: **30 minutes** 🕒

Serves: **4**

Ingredients

200g Cooks' Ingredients Chicken Stock Shots (from the freezer)
1 essential Waitrose Pointed Spring Cabbage, thinly shredded
180g pack Cooks' Ingredients Pulled Ham Hock
50g Waitrose LOVE Life Couscous
400g shelled broad beans, papery skins removed, or frozen broad beans (optional)
1 lemon, zest and juice
2 tbsp parsley, roughly chopped
2 tsp chilli flakes



Method

1. Bring 1 litre water to the boil in a large pan. Stir in the chicken stock shots until dissolved. Add the shredded cabbage and ham hock and simmer gently for 5 minutes. Add the couscous and broad beans and cook for a further 5 minutes until tender.
2. Stir in the lemon zest and juice, the parsley and the chilli flakes, then serve.

Nutritional Info

Typical values per serving:

| | |
|----------------------|---------|
| Energy | 228kcal |
| Carbohydrate | 21.1g |
| Sugars | 5.1g |
| Fat | 4.7g |
| Saturated Fat | 1.1g |
| Salt | 1.2g |

[Click here for more information about health and nutrition](#)

©Waitrose