



Pea and mint soup

Serves: 4

Time

50 minutes



Ingredients

- 1 tablespoon olive oil
- 1 onion, peeled and finely chopped
- 1 large potato, peeled and cubed
- 450g frozen peas
- handful of fresh mint
- 1 litre low-sodium vegetable or chicken stock
- freshly ground black pepper
- crusty wholemeal bread

Method

1. Heat the oil in a large saucepan and gently cook the onion for about 5 minutes, until it begins to soften. Add the potato and carry on cooking for another 5 minutes.
2. Next add the peas, stock and seasoning and bring to the boil, then lower the heat and simmer for 15 minutes or until the potatoes are soft.
3. Allow the soup to cool a little, then blend until smooth. Before eating return the soup to the pan and heat until it's steaming hot.
4. Serve with crusty wholemeal bread.