



Easy pea soup

Ingredients

400g frozen peas

½ onion and 1 clove of garlic finely chopped

1 teaspoon of oil (vegetable, sunflower or olive)

1 vegetable stock cube

Salt and pepper to season

Optional: fresh mint

Method

1. Add 400mls of boiling water into a saucepan, along with the stock cube and peas. Cook for 5-10 minutes. Allow to cool slightly while you cook the onion and garlic.
2. Heat the oil in a non-stick frying pan, add the finely chopped onion and garlic and cook on a medium heat for 5 minutes, stirring occasionally until soft.
3. Once cooked add all the ingredients (including the vegetables stock) to a blender and blend until smooth.
4. Add seasoning to taste

Serve with a toasted pitta bread, bread or a warm roll

Optional: For pea and mint soup add some mint leaves before blending.

Quick tip: The recipe still works without the onions and garlic

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 Serves 2-3

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