

Green pea soup

A really easy soup whose ingredients are all ready-prepared and frozen. You can of course use fresh ingredients and vary them according to what you have available. A great source of fibre and vitamin C.

Makes 4 portions (1200ml)

Preparation time 5-10 minutes

Cooking time 10 minutes

Suitable for freezing

Ingredients

1 tbsp vegetable/ rapeseed oil

150g frozen chopped onion

OR 1 medium onion, chopped

500g frozen peas (garden or petit pois)

4 small blocks frozen mashed potato

OR 1 medium potato, peeled & grated

175g frozen chopped spinach

OR 100g fresh leaves, washed

600ml water

1 tbsp frozen chopped mint or 5 mint leaves

Method

1. Heat the oil in a large saucepan, and gently fry the onion for 2-3 minutes until softened but not browned.
2. Place all the remaining ingredients in the saucepan and bring to the boil, stirring occasionally.
3. Cover and simmer for 5 minutes.
4. Remove from the heat and use a hand blender to blitz the soup until smooth.
5. Season to taste with a little salt, pepper and nutmeg.
6. Serve.

Serving suggestions

Add a tablespoon of single cream, or croutons, made by drying cubes of bread in the oven.

Variations:

1. Omit spinach and use another 100g peas.
2. Use 300ml milk and 300ml water.
3. Omit mint and use a herb of your choice.

Storage including freezing;

Store in an airtight container in the fridge for 2-3 days or freeze.

Ingredients



Method

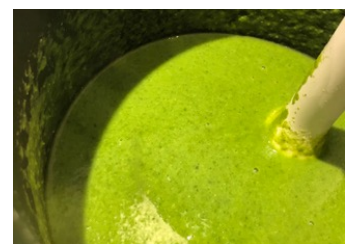
1.



2.



4.



6.



Nutrition per portion assuming ½ tsp salt to season, and taking into account cooking losses.

142kcal, 4.3g fat, 0.1g saturates, 18.2g carbohydrates, 9.7g sugars, 8.6g protein, 8.3g fibre, 0.65g salt and 18mg vitamin C.