



Minted Pea Soup



Food Fact:-

Freshly frozen garden peas are frozen within two and a half hours of picking trapping the goodness in!

Peas are a good source of vitamins A,C & B1 and are rich in fibre

Serves 4

Preparation time 15 mins

Cooking time 15 mins



Minted Pea Soup

Ingredients

1. Trim and chop the spring onions, reserving some of the green tops for a garnish.
2. Put the onions, peas, potatoes and stock into a large bowl. Cover and cook for 10-15 mins, stirring once, until the vegetables are soft.
3. Leave to stand for 5 mins, then puree the soup in a blender or food processor. Stir in the mint sauce, milk and seasoning to taste.
4. Serve warm or chilled. Top each bowl of soup with a generous swirl of yoghurt and scatter over the reserved onion tops.

1 bunch of spring onions
100g (4 oz) frozen peas
100g (4 oz) potatoes, diced
300ml (1/2 pt) vegetable stock
1-2 tsp (5-10 ml) concentrated mint sauce
300ml (1/2 pt) milk
salt and freshly ground black pepper
150ml (1/4 pt) low fat yoghurt

