



Quick and Simple Pea Soup

Serves 2

Prep time: 5 minutes

Cooking time: 10 minutes

Per portion

Calories: 158

Fat: 2.2g

Saturates: 0.3g

Carbs: 24.2g

of which sugars: 13.8g

Salt: 0.67g

Ingredients:

- 400g frozen peas - petits pois or garden peas
 - 1 medium onion, peeled and finely chopped
 - salt and freshly ground black pepper
 - 500ml vegetable stock
- Rapeseed oil spray
- A few sprigs of fresh mint (optional)
 - 2 tsp's of Greek Yogurt (optional)

Instructions:

Heat a couple of sprays of the oil in a large saucepan on low or medium heat, then add the onion and cook for 1-2 minutes until softened.

Add the peas and stock to the pan, then bring to the boil.

Cook for 5-8 minutes until all of the peas have floated to the top of the stock and are tender and the fresh mint (keep a couple of leaves for serving) and cook for a further 2 minutes.

Remove the pan from the heat. Using a stick blender, process the peas mixture until very smooth. If using a jug blender allow to cool for a few minutes before transferring, be careful of the steam as you pour.

Blitz until smooth and serve straight away. Decorate with a little yoghurt if using and a couple of mint leaves.

To make this dairy free and vegan omit the yoghurt

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