

Pea soup

Serves 3 - 4



Ingredients

450g/1lb fresh or frozen peas
570ml/1 pint of cold water
2 small onions, chopped
1 large sprig of mint
½ stock cube
Ground black pepper

Method

1. Heat the stock cube in a large pan, add the chopped onions and cook gently on a low heat until they are softened, but not browned. Add a little water if it starts to stick.
2. Stir the peas into the pan, add the water and mint and bring to the boil. Cover and reduce the heat. Simmer over a low heat for about 30 minutes if you are using fresh peas (5-10 minutes if you are using frozen peas), until they are tender.
3. Pour the soup into a food processor or blender and process until smooth. Sprinkle with pepper to taste.