

## Pea & Mint Soup

*This is probably one of the easiest soups to make but it's nourishing, comforting and so delicious ... everything a soup should be. I use butter because I love the flavour but you can replace it with olive oil to make it vegan. These quantities serve 4 as a main meal.*

### INGREDIENTS

- 🍲 1 onion
- 🍲 1 kg frozen peas
- 🍲 50g butter (or olive oil to make it vegan)
- 🍲 1 kg veg stock
- 🍲 25g fresh mint leaves
- 🍲 Salt and pepper to taste

### METHOD

- 🍲 Chop the onion and sauté in the butter (or oil) for 5 to 7 minutes, till soft but not browned
- 🍲 Add the peas and stock and cook for 10 minutes on a medium heat
- 🍲 Add the mint, take off the heat and blitz till smooth
- 🍲 Season to taste
- 🍲 Equally delicious hot or cold and perfect with some seeded bread.