

Recipes

Pea & Mint Soup

This is our posh soup on a shoe string! We love its fresh taste and often have most of the ingredients in the fridge!

Ingredients

- 1 litre/1 pint 15fl oz water
- A very large handful fresh mint, leaves only
- 500g/1lb 2oz fresh peas or frozen peas
- salt and freshly ground black pepper
- drizzle olive oil or a large knob of butter
- 200ml/7fl oz crème fraîche or natural yogurt



Method

1. Bring the water to the boil in a large pan and add a generous pinch of salt.
2. Add the mint leaves and bring the liquid back to the boil.
3. Add the peas and cook for 2-3 minutes, until the peas are just tender and bright green.
4. Strain the mint and peas, reserving the cooking liquid, and transfer the peas and mint to a food processor. Allow to cool for 3-4 minutes.
5. Add just enough of the cooking liquid to cover the peas and mint, and then blend for 1-2 minutes, to create a smooth, bright green purée.
6. Season, to taste, with salt and freshly ground black pepper and add a generous drizzle of olive oil (or stir in butter).
7. Add 140ml/4½fl oz of the crème fraîche/natural yogurt to the pea and mint purée and pulse in the blender for a few seconds, until combined.
8. To serve, pour equal amounts of the soup into four warmed bowls. Add a neat tablespoon of crème fraîche/natural yogurt into the centre of each and, if you wish, garnish with a mint leaf and a pea!