

how to  
make...

# PEA SOUP

a delicious GREEN and  
TASTY SOUP! Serves 4-6

(DEPENDING on  
HOW BIG YOUR BOWLS  
and APPETITES ARE!)



You will  
need: ↘

The  
method:

1 tbsp OLIVE  
OIL

2 SHALLOTS  
or 1 ONION  
(chopped)

1 GARLIC CLOVE  
(peeled + chopped)

800 grams of  
FROZEN PETIT  
POIS or GARDEN  
PEAS

1 litre of  
VEGETABLE  
STOCK  
(fresh or stock  
cube)

1 | In a large, heavy based saucepan heat the oil and then add the chopped shallots and garlic. Cook gently for 15 minutes until soft, stir occasionally to ensure they don't stick to the pan and burn.

2 | Once the shallot and garlic are cooked, add the vegetable stock and peas. Give a good stir and turn up the heat. Just before it reaches boiling point, reduce and simmer for 20 minutes, so that the peas are cooked through, with the pan lid on.

3 | Take the soup off the heat and use a hand blender until it is smooth.

4 | Season to taste and serve!

Enjoy with  
bread!

