



# Mint and Pea Soup

Serves 2, 15 minutes

from [carolinescooking.com](http://carolinescooking.com)

## Ingredients:

- Half a small/medium onion
- 14 g butter
- 350 g peas (fresh or frozen, defrosted)
- 360 ml chicken stock or vegetable stock
- 2 sprigs of mint, roughly chopped (can use dry mint)
- salt and pepper to taste
- Approx 15 ml creme fraiche, to serve (optional)

1. Dice the onion. Cook in butter over medium heat for 3-4 minutes until softened and translucent.

2. Add the peas, stir to coat in the butter, then add the stock. Cover with a lid and bring the mixture to a simmer. If using frozen peas, they will only need to cook around 2 minutes, if they are fresh, it will be nearer 5-7 minutes. In both cases, the peas should stay bright green but be cooked.

3. Remove the pot from the heat and add the roughly chopped mint. Blend the mixture in a blender or using a hand blender, season with salt and pepper to taste.

4. Serve warm or allow to cool and chill to serve cold. In both cases, works well with a swirl of creme fraiche in the middle of the bowl.

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