



MINTED GREEN PEA SOUP

Wellbeing Recipes

Difficulty Easy

Servings 6

Duration 15 min. preparation
 20 min. cooking

Ingredients

- 40ml olive oil
- 250g leek, washed and finely sliced
- 100g brown onions, peeled and roughly chopped
- 2 tsp (10g) crushed garlic
- 1 tbsp sea salt
- 750ml vegetable stock, hot
- 180ml water
- 350g zucchini, washed and thickly sliced
- 500g green peas
- 40g mint leaves
- Salt and pepper to taste



Instructions

1. Heat olive oil in a saucepan over medium-high heat. Add the leek, onion, garlic and sea salt and cook for approximately 4 minutes, stirring frequently until the leeks soften.
2. Add the vegetable stock and water and bring to the boil. Reduce the heat to a simmer and add the zucchini. Cover the pot with the lid and cook for further 10 minutes.
3. Add the green peas and bring the heat back up to medium-high. Cook for another 3 to 4 minutes.
4. Turn off the heat and add the mint leaves. Let the soup cool, uncovered for 8 to 10 minutes.
5. Using a blender, blend the soup in batches until smooth.
6. Add salt and pepper to taste.
7. Reheat to boiling before serving.

This recipe is from Gemma - a hospitality consultant, food stylist and commercial cookery teacher who has a passion for healthy living. Since her MS diagnosis 3 years ago, Gemma has structured her own diet on simple, nutritious and healthy meals, with an increased focus on fruit and vegetables.