

Spring Pea Soup

(This recipe makes enough for two and can easily be doubled or tripled)



Ingredients:

- ½ onion small/medium, diced (or 2 shallots, 1 leek, white and light green part only, 1-2 spring onions)
- 1 tablespoon butter or a neutral oil like avocado or canola
- 2 ½ cups peas, fresh (removed from their pods which is a fine job if there are children around or frozen and defrosted)
- 1 ½ cups stock, vegetable or chicken stock
- 2 tablespoons fresh mint roughly chopped, plus more for garnish
- salt and pepper to taste (optional)
- 1-2 tablespoons sour cream, creme fraiche, or Greek yogurt (optional for swirling in at the end)

Instructions:

Warm a pot over medium heat and add the butter or oil. Once heated, add the onion and cook, stirring occasionally, for around 3-4 minutes until the onion is softened and translucent. Don't brown the onion as it will change the final color of the soup—we're going for spring green!



Add the peas, stir to coat in the butter or oil, then add the stock. Cover the pot with a lid and bring the mixture to a simmer. If using frozen, defrosted peas, cook around 2 minutes. Fresh peas take 5-7 minutes. In both cases, the peas should stay bright green but be cooked.

Remove the pot from the heat and add the roughly chopped mint. Either use a stick/hand blender or transfer the mixture to a blender and blend until smooth. Season with a little salt and pepper to taste.

Serve either warm or allow to cool and chill to serve cold. Add in an optional swirl of sour cream, creme fraiche, or yogurt in the middle of the bowl for a pretty finish. Top with a sprig of mint if you like or some slightly cooked peas you reserve for this purpose.

