

Pea and Mint Soup

This soup is quick to prepare and can be made with fresh or frozen peas.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (327g):

Energy 451kJ 107kcal 5%	Fat 2.9g 4%	Saturates 1.3g 6%	Sugars 3.7g 4%	Salt 0.36g 6%
----------------------------------	-------------------	-------------------------	----------------------	---------------------

of an adult's reference intake.
Typical values per 100g: energy 138kJ/33kcal.

Equipment

Weighing scales
Kettle
Measuring jug
Knife or scissors
Chopping board or a cup
Measuring spoons
Large saucepan
Wooden spoon
Pan stand
Blender
Tea towel
Tasting spoon
Spoon

Ingredients

**Serves 4 as a main course
or 6 as a taster**

750ml boiling water
1 reduced-salt vegetable
stock cube
2 x 15ml spoons fresh mint
OR 1 x 5ml spoon dried mint
500g fresh shelled OR
frozen peas
Ground black pepper
(optional)
Reduced-fat creme fraiche
OR low-fat natural yoghurt
(optional)

*Presence of allergens can vary by brand –
always check product labels. If you serve
food outside the home you must make
allergen information available when asked.



Top Tips

- If you are using a blender never fill the blender more than half full and always cover the lid with a thick tea towel and hold the lid down when blending.
- If using a handheld blender always cool the soup before blending and make sure the blade is submerged into the liquid to avoid splattering.
- You don't need to defrost the peas if using frozen peas.

Pea and Mint Soup

Method

1. Measure 750ml of boiling water into the measuring jug. Crumble in the stock cube and stir until dissolved.
2. Wash the fresh mint and chop finely.
3. Put the peas in the saucepan and add the stock.
4. Bring to the boil, reduce the heat, stir and simmer for 3 minutes.
5. Take off the heat and add the mint.
6. Carefully blend the soup until smooth.
7. Add black pepper to taste (if using).
8. Serve with 5ml spoon of reduced-fat crème fraîche or low-fat natural yoghurt (optional).

Something to try next time

- Crumble 1 x grilled bacon rasher or 5g of grated cheese on top of your soup for extra taste.
- For a meaty version swap the vegetable stock cube for a ham stock cube and add in approximately 200g of ham.

Prepare now, eat later

- If you are using fresh peas you can shell them the day before but store the peas in the fridge in a sealed bag to avoid the loss of nutrients.
- Pea soup will freeze for up to 1 month. Cool quickly before pouring into a large freezer bag inside a plastic container. Once frozen, the bag can be removed from the box and stored in the freezer. Defrost thoroughly in the fridge before reheating until bubbling hot.

Skills used include:

Weighing, measuring, chopping, mixing/combining, blending, boiling/simmering and serving.

www.bda.uk.com