

Virtually Instant Pea and Mint Soup

Preface

For this recipe, I never measure any ingredients. Simple go with what you think is good. If you like it minty, add more mint. If you're hungry, add more peas! You cannot get it wrong – it's so simple to do, pretty healthy and tastes much better than anything from a tin ...yet it's just as fast!

Ingredients

Serves 1

Frozen peas
1 vegetable stock cube
Dried mint
Salt and pepper
Boiling water
Cream¹

Method

1. In a tall, microwavable container (a tall jug is ideal as the handle won't get hot) add all of the ingredients, apart from the cream. You should add enough water to just cover the peas.
2. Stir well and microwave, stirring every minute or two, until the peas are hot. Be careful not to overcook the peas. Frozen peas are already blanched so they just need to be warmed.
3. Using a hand blender, blend to a smooth soup.
4. Whilst blending, slowly add the cream until you get the desired consistency.
5. Serve with an artistic spiral of cream.

¹ Soya cream will work just as well, making this recipe vegan adaptable.