



Zesty Pea Soup

by Morven Lean, SCPN Recipe Team  35 mins  Serves 4

#SoupOnSaturday



Add a zesty burst of green to your diet with Zesty Pea, a gorgeous tangy sensation full of nutrients and jazz. It's a tasty soup, and not too far from the mushy equivalent!

Ingredients

- 500g Frozen Peas
- 1 Large Potato (peeled & chopped)
- 2-3 Tbsp Fresh Mint (chopped)
- 1 Tbsp Lemon Juice
- 1 Tbsp Lime Juice
- 400ml Boiling Water

Method

1. Immerse chopped potato in boiling water in a pan, and cook until soft.
2. Add in the peas and remaining water, and allow to simmer for 20 minutes.
3. Add in mint, lemon and lime juice, and blend to taste.
4. Serve with a dollop of low-fat yoghurt, and a leaf of mint.