

Zesty Pea

#SoupOnSaturday

Description

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.