

Pea and lettuce soup

Equipment

Chopping boards

sharp knives

Large saucepan

blender

Ingredients:

- 2 tbs olive oil
- 1 leek, finely chopped
- 1 garlic clove, crushed
- 1.5 litres (6 cups) vegetable or chicken stock
- 2 butter lettuces, stems removed, finely sliced
- 300g (2 cups) frozen peas
- 1 tsp sugar
- 20 mint leaves
- Finely grated parmesan cheese, to serve

Method

1. Put the olive oil, leek and garlic into a large saucepan and sauté over a well with medium heat until the leek is soft.
2. Add the stock, lettuce and peas and bring to the boil. Reduce the heat and simmer for 15 minutes, or until the peas are soft, then remove the pan from the heat and add sugar and mint leaves.
3. Pour the soup mixture into a blender or food processor and blend until it is smooth. Season well with salt and pepper.
4. Serve the soup with some grated parmesan to sprinkle over.