

WHO DARES SLIMS - RECIPE

Pea & Mint Soup with Broadbeans (Vegan!)



Tips

Makes ~6 portions

Pick a really good quality jar of baby broad beans as it makes all the difference

If you can't find the broad beans in olive oil, you can get plain ones and add olive oil to the lemon and spring onion before serving.

Ingredients

- 1000ml vegetable stock
- 1 garlic clove (crushed)
- 8 spring onions (sliced)
- 1 tablespoon olive oil
- 500g of frozen peas
- 2 tablespoons chopped mint
- 1 tin of good quality baby broad beans in olive oil (~400g)
- Juice from 1 lemon
- Salt and pepper to taste

Preparation

1. In a large saucepan cook the garlic and half the spring onions (4) in the oil until soft but not brown. Add the stock and bring to a boil.
2. Add the peas to the stock and boil for 12-15 minutes. Thoroughly blend the soup with the mint and season to taste.
3. Just before serving, drain the broad beans and dress with remaining spring onions, lemon and pepper.
4. Serve up the soup with a tablespoon of the broadbean salad. Enjoy!