

# Quick Pea Soup

## Ingredients

- 1.2 litres vegetable stock
- 1 shallot or small onion, finely chopped
- 1 garlic clove, crushed
- 275g frozen peas
- 2 tbsp freshly chopped mint
- Salt and freshly ground black pepper



## Method

1. Put the chicken or vegetable stock in a large saucepan and bring to the boil. Add the shallot or onion, garlic, peas and chopped mint. Cook at a brisk simmer for 10 minutes until the peas are tender.
2. Transfer in batches to a blender and blend until smooth. Season to taste and serve immediately in bowls, topped with a swirl of fat-free natural yogurt, if wished