



LETTUCE, PEA & MINT SOUP



INGREDIENTS

15 TASTINGS

- 200 g mixed lettuce leaves, coarsely chopped
- 25g butter
- 2 tbsp olive oil
- 1 medium onion, thinly sliced
- 3 large garlic cloves, chopped
- 250 g frozen peas
- 600 ml vegetable stock
- 3 large sprigs of mint, leaves only
- Small handful rocket
- Salt and pepper
- Handful croutons for serving (optional)

FROM THE GARDEN

- Lettuce
- Mint
- Rocket

EQUIPMENT

- Large pot with lid
- Chopping board
- Knife
- Measuring jug

INSTRUCTIONS

1. Melt the butter in a deep pot with olive oil, over a low to moderate heat, then add the onion.
2. When onion is translucent and soft, add the lettuce, rocket and garlic.
3. Once the lettuce and rocket has wilted, add the peas, mint leaves and season with salt and pepper.
4. Add stock and bring to boil.
5. Once boiling, turn the heat down and simmer with lid on for approximately 10 minutes.
6. Remove the pot from the heat and blend the soup in a liquidiser until smooth.
7. Check the seasoning, then serve hot with croutons.

