

GlucoMen

Recipes

Pea soup with garlic

Serves 4

Prep time: 5 mins

Cook time: 11 mins

Ingredients

- 2tbsp rapeseed oil
- 2 garlic cloves, crushed
- 900g frozen peas
- 1.2 litres vegetable stock
- Ground black pepper
- Fresh mint to garnish

1. Heat the oil in a large pan and add the garlic. Fry gently for 2 minutes, then add the peas. Cook for 1-2 minutes, then add the stock.

2. Bring the soup to the boil, then reduce to a simmer. Cover and cook for 5-6 minutes, until the peas are tender. Leave to cool slightly then transfer the mix to a food processor and process until smooth.

3. Return the soup to the pan and heat through gently. Season with pepper to taste. Serve with mint and crusty granary bread.

Nutrition information	Amount per serving	% of an adults GDA
Energy	236kcal	12%
Protein	15.7g	34%
Carbohydrate	25.4g	11%
of which sugars	5.2g	6%
Fat	9g	13%
of which saturates	1.5g	7.5%
Fibre	10.6g	44%
Salt	0.28g	5%

Recipe created by Rebecca Collins, Dietitian