

## **Creamy Spring Pea & Mint Soup**

A bright, fresh, 20-minute soup that tastes like the start of spring.

This is one of those recipes that feels light but comforting, so it's ideal for April's still-cool evenings, and it uses seasonal herbs and early peas (fresh or frozen).



### **Ingredients** (serves 3–4)

- 1 tbsp butter or olive oil
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 500g peas (fresh or frozen)
- 500ml vegetable stock
- A handful of fresh mint leaves
- 2 tbsp crème fraîche or a splash of cream (optional)
- Salt & black pepper
- Lemon wedge (optional, for brightness)

### **Method**

1. *Soften the base*
  - Warm the butter or oil in a medium pan.
  - Add the chopped onion and cook for 5–7 minutes until soft and translucent.
  - Stir in the crushed garlic and cook for another minute.
2. *Add the peas & stock*
  - Tip in the peas and pour over the vegetable stock.

- Bring to a gentle simmer and cook for 5 minutes (a little longer if using fresh peas).

3. *Blend until silky*

- Remove from the heat, add the mint leaves, and blend until smooth.
- Stir through the crème fraîche or cream if using.

4. *Season & brighten*

- Taste and add salt, pepper, and a squeeze of lemon if you like a little lift.

***Serving ideas***

- With crusty bread or a warm baguette
- Topped with toasted seeds
- Swirled with extra mint or crème fraîche
- As a starter for an Easter or spring lunch