



# RECIPE

## Pea & Herb Soup

**NOURISH**  
FOOD SCHOOL



# RECIPE

## Pea & Herb Soup

SERVES  
6 servings

LEVEL  
Quite easy

TIME  
30 minutes

### INGREDIENTS

1 large onion, finely chopped  
1 carrot, chopped small  
1 stick of celery, chopped small  
1 clove of garlic, finely chopped  
1 vegetable stock cube  
600g frozen or tinned peas  
A handful of soft fresh herbs (such as mint leaves, coriander or parsley)  
Optional: 200g cooked ham, cut into small pieces

### HOW TO MAKE IT

1. Prepare the ingredients to the stage described in the list.
2. Heat a splash of oil in a large saucepan on a medium heat then add the onion, celery and carrot. Cook, stirring often, for 10 minutes.
3. Add the garlic and continue to cook for another minute.
4. Crumble the stock cube into the pan and add 1 litre of boiled water from a kettle. Stir everything together and bring to the boil for 10 minutes.
5. Next add the peas and continue to simmer for another 5 minutes.
6. Meanwhile, finely chop the herbs into small pieces.
7. **OPTION 1: WITHOUT A STICK BLENDER:** Add the chopped herbs to the soup and use a potato masher to squash the peas and carrot pieces until they are a little mushy and the herbs are mixed into the soup well.
8. **OPTION 2: WITH A STICK BLENDER:** Add the herbs to the soup and blitz into to a smooth consistency with the blender.
9. If using, stir in your cooked ham now into the soup.
10. Taste and season with salt and pepper and re-heat if needed.

*Serve your soup straightaway or portion into individual containers or food bags and store in the fridge/freezer ready to re-heat when you like.*