



ANNE'S COURGETTE, PEA AND MINT SOUP

Anne came up with this recipe using vegetables she grows on an allotment run by Thornbury Town Trust in Bristol. Fresh and warming, this soup is just the ticket to brighten up a dark autumn day.

SERVES 4

PREP 10 mins

COOK 15 mins

EQUIPMENT

Large knife / chopping board / large pan / wooden spoon / electric hand blender

INGREDIENTS

1tsp butter

1 medium-sized onion, diced

3 medium-sized courgettes, grated

300g frozen peas

1 litre vegetable stock

1tbsp fresh mint

1tbsp single cream

Salt and pepper

METHOD

1. Melt 1 tsp butter in a large pan and fry the chopped onion for 10 minutes or until soft
2. Add the grated courgette and mix in the frozen peas, covering the vegetables with stock
3. Cook for five minutes until the peas are soft and add the mint by tearing bits into the pan
4. Liquidise using the hand blender, stirring in the cream at the end and seasoning before serving

Got a brilliant soup recipe that is soup-er tasty? **Share it with us! #bigsoupshare**