



Gregg Wallace's Minted Pea Soup

Sweet peas and fresh-picked mint are a classic summer sensation, not to be missed.
Try this very simple and very delicious recipe from the MasterChef presenter.



What you need

Serves 4-6

- 25g (1oz) butter
- 1 onion, finely chopped
- 375g (13oz) lettuce leaves, chopped
- 1 tbsp plain flour
- 500g (1lb 2oz) peas, podded
- 1.2 litres (2 pints) vegetable or chicken stock
- 1 tsp caster sugar
- 2 large mint sprigs
- salt and black pepper
- 3 tbsp crème fraîche

Directions

- Melt the butter in a large pan over a medium heat. Add the onion and cook gently until soft. Add the lettuce and cook for a couple of minutes, stirring. Stir in the flour and cook for a further 2 minutes.
- Add the peas, stock, sugar and mint, then bring to the boil, cover and simmer for about 20 minutes, until soft. Remove the mint and discard.
- Transfer the soup to a food processor and purée until smooth. Rinse out the pan. Return the smooth soup to the pan, reheat, check the seasoning and stir in the crème fraîche.

(from Veg: The Greengrocer's cookbook by Gregg Wallace, published by Mitchell Beazley)

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