

Recipe: Spinach & Mint Pea Soup

Ingredients:

🕒 30 minutes

- 1 tbsp olive oil
- 1 large onion, chopped
- 450g fresh spinach, washed
- 225g frozen peas, defrosted
- 850ml vegetable stock
- 3 tbsp freshly chopped mint
- 150ml vegan crème fraîche
- fresh mint leaves to garnish



Nutritional Hero: Spinach

Spinach is a great source of vitamin E, B vitamins, omega-3 fatty acids, and other nutrients, including lutein, which is loaded with anti-inflammatory and antioxidant properties.



Instructions:

1. In a large saucepan, heat the olive oil over a medium heat, add the chopped onion and cook until it softens, approx. 5 minutes.
2. Shred the spinach, add it to the onions and stir until it wilts. Add the peas and stir again.
3. Gradually add half the stock, stirring and bring it slowly to the boil. Simmer for 5 minutes, stirring occasionally.
4. Puree the soup in a blender. Return it to the saucepan, add the chopped mint and stir for a further 2 minutes. Add the rest of the stock and heat through.
5. Remove saucepan from the heat, stir in the vegan crème fraîche and reheat the soup gently.
6. Serve garnished with fresh mint leaves.