



# B.Y.O.S.

WITH DELICIOUS RECIPES  
COURTESY OF



## GREEN PEA & MINT

This is a really simple soup, perfect for Spring and Summer!

The potatoes aren't strictly necessary but I'm a sucker for quite a thick, spoon coating soup so I generally throw a couple in. If you're carb free or want a thinner, lighter soup then omitting them won't hurt. If you have any spare other green veg then always add it - leeks, kale and spinach all also work well in this.

If I have any I like to top it off with some chopped up feta at the end, I always think a good bonus topping moves soup over from a lunch or starter to a satisfying meal.

### Ingredients

- 1 onion roughly chopped
- 1 fat garlic clove, crushed
- 500g frozen peas
- 2 medium potatoes, washed and chopped into small dice
- Tablespoon olive oil or butter
- 25g pack fresh mint, roughly chopped.
- 1 litre veg or chicken stock
- Salt and pepper
- Half a block of feta/ Vegan feta (optional)

### Lets get to it...

1. Sweat the onions, garlic and potatoes in the butter or oil until soft then add peas and top with stock.
2. Simmer until potatoes are soft, this is usually about 15 mins. Blitz up with stick blender until smooth then thrown in the mint.
3. Top with chopped feta if using and get stuck in!