

SPEEDY MEALS

Minty pea and potato soup

- Serves 4 • Ready in 30 minutes • **GOOD VALUE** 59p a portion
- 249 kcals, 3g fat, 1g sat. fat a portion • Suitable for freezing

2 tsp vegetable oil
1 onion, chopped
800g potatoes, peeled and cut into small chunks
1 litre vegetable stock
350g frozen peas
handful of mint, chopped

1 Fry the onions

Heat the oil in a large pan, then fry the onion for 5 minutes, until softened. Add the potatoes and stock, then bring to the boil. Cover and

simmer for 10-15 minutes until tender, adding the peas 2 minutes before the end of the cooking time.

2 Whizz the soup

Use a slotted spoon to remove a quarter of the vegetables from the pan and set aside. Blend the remaining vegetables and stock in a food processor (or use a hand blender) until smooth then stir through the reserved veg, chopped mint and some seasoning. Serve with crusty bread on the side.

**30
mins**