

Pea & Watercress Soup

Servings: 4

Prep Time: 5min

Cook Time: 15min



Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, roughly chopped
- 1 medium potato, cut into small chunks
- 500ml vegetable stock
- 300g fresh peas (or frozen if out of season)
- 100g watercress
- leaves from 2 mint sprigs, plus extra to garnish
- 100ml double cream

Directions

1. Heat the oil in a large saucepan, then gently fry the onion and garlic for 5 mins or until soft. Add the potato, stock and 500ml water, then simmer for 7 mins until the potato is just cooked.
2. Scatter in the peas and watercress, stir, cover, then simmer for 3 mins. Add the mint leaves and blitz with a hand blender until smooth. Stir in the cream and season to taste. Serve ladled into bowls, scattered with more mint and some cracked black pepper.