



CHLOË BOWLER  
complete wellbeing

## GARDEN PEA & MINT SOUP



### Ingredients (serves 2)

- 1 large onion
- 500g frozen peas
- Large Handfuls of Fresh Mint
- 1 litre vegetable stock

### Instructions

- Start by chopping and adding to a pan of hot oil.
- Season well and allow the onion to soften.
- Add the frozen peas, and tear the mint leaves into the pan as well (set some aside for later).
- Pour in the stock, stir well and simmer for 5 minutes.
- Use a hand blender and blend to the desired consistency.
- Top with the remaining mint and serve with some warm, crusty bread.

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