

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S COURGETTE & PEA SOUP

 **Prep: 5 minutes**

 **Cook: 35 minutes**

 **Serves: 6**

INGREDIENTS:

- 250g frozen peas
- 2 cloves garlic, peeled and sliced
- 2 leeks, sliced
- 1 large courgette, chopped
- 2 Little Gem lettuces, chopped
- Handful fresh parsley
- Handful watercress
- 2 sprigs of mint
- Pinch **LoSalt**
- Freshly ground black pepper
- Pinch dried chilli flakes
- Slurp Balsamic vinegar
- dash of tabasco sauce
- Swirl of low-fat crème fraîche, to serve

METHOD:

1. In a large lidded saucepan, bring 2 litres water to the boil
2. Add the frozen peas and bubble away for 5 minutes
3. Next add the garlic, sliced leeks, courgettes and Little Gem lettuces
4. Simmer for 10 minutes then add the watercress and herbs
5. Season with a pinch of **LoSalt**, lots of black pepper and a pinch of dried chilli flakes
6. Pop the lid on the pan and simmer gently for 20 minutes
7. Next whizz up with a hand blender until smooth and add a drizzle of Balsamic vinegar and a dash of Tabasco sauce
8. Serve in soup bowls with a swirl of low fat crème fraîche