



CREAMY MINT PEA SOUP WITH CROUTONS

INGREDIENTS

- 300 g frozen young peas
- 20 g mint leaves
- 100 g spinach leaves
- 1 brown onion finely chopped
- 3–4 cloves garlic finely chopped
- 100 g double cream
- 300 ml of your preferred broth
- 4 slices of bread
- 3 tbs olive oil
- 1 tbs lemon juice
- 1 tsp balsamic vinegar

PREPARATION METHOD

1. Pour some olive oil into your pot and set your stove to medium heat. Once it's warm, add the onion and stir until soft.
2. Add the frozen peas, spinach and mint. Securely close the lid of the pot to allow the VITALOK process to occur. Reduce the heat to the lowest level and leave for 10 minutes – remember not to remove the lid during this process.
3. While the vegetables are cooking, cut the crust from the slices of bread and cut the bread into small 2 cm slices. Place them in your frying pan over medium heat and toast.
4. In a small bowl, mix the olive oil, finely chopped garlic, lemon juice, balsamic vinegar, and salt and pepper. Once combined, pour over your toasted croutons and cook until the liquid has evaporated.
5. Once the vegetables have cooked for 10 minutes, remove the lid and add the hot broth and cream. Blend with a hand blender until the soup becomes smooth and creamy – or if you're making a smaller portion of this soup, blend in the iCook blender.
6. Serve the soup with a spoon full of cream and the croutons. Enjoy!