Pea and coconut soup

Peas are good source of vitamins C and E, zinc, and other antioxidants that strengthen our immune system.

Makes: 10 snack sized portions • Preparation time: 10 mins

Ingredients

- 1 bunch spring onions
- 1 tsp olive oil
- 1kg frozen peas
- 400ml tin coconut milk
- 1 vegetable stock cube
- 750ml boiled water
- Fresh herbs: basil, coriander or mint (optional)
- 1 lemon
- Wholemeal bread (optional)

Method

1. Fill and boil a kettle. Whilst boiling the water, heat the oil in a large pan.
2. Chop the spring onions finely and put into the warmed pan, cook until softened.
3. Add the peas to the pan with the coconut milk, stock cube and 750ml of boiled water.
4. Put a lid on the pan and bring to the boil. Once boiling, simmer on a high heat, for 3-5 minutes until the peas are cooked through.
5. Turn off the heat and squeeze in the juice of the lemon.
6. Blend the soup using a hand blender or blender until smooth.
7. Serve ladled into bowls with a topping of fresh herbs if you fancy!

Equipment

- Measuring jug
- Deep pan with lid
- Hand blender or blender
- Ladle or measuring cup
- Teaspoon
- Tablespoon
- Knife
- Kettle

Top tips

- Used tinned peas if you don't have a freezer.
- Leave out the herbs if you're worried this will put the children off.
- Simply add onion granules if the children are not keen on spring onions.