



# Recipe Card

## Pea, Mint and Lettuce Soup

How difficult is it?



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Fourteen Vegan™

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 AllergyUK

# Ingredients

- 1 tbsp olive oil
- 1 medium red onion, chopped
- 150 g new potatoes, diced
- 250 g curly leaf lettuce
- 1 litre allergy-free vegetable stock
- 400 g peas (removed from their pods)
- 20g mint - roughly 6 sprigs
- 1/2 tsp black pepper

# Pea, Mint and Lettuce Soup

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A cool classic. The perfect soup for Summer days.

## Instructions

1. Heat 1 tbsp olive oil in a large saucepan over a medium heat. Add the onion, cook for 3 minutes.
2. Reduce to a low heat and add the potatoes. Cook for 2 minutes while stirring constantly.
3. Put the lettuce into the saucepan. Cook for 2 minutes - stir constantly.
4. Add the stock, black pepper, peas and mint then bring to the boil. Simmer for 10 minutes, mix the ingredients occasionally.
5. Check the potatoes are cooked - if they are not, cook a little longer.
6. Leave the soup to cool and serve cold. You may want to season with more black pepper and add a little salt if wished.