

Minty Pea and Potato Soup

Serves 4



PROJECT FOOD

A helping hand to healthy eating

Ingredients

- 2 tsp vegetable oil
- 1 onion , chopped
- 800g potato , peeled and cut into small chunks
- 1l vegetable stock
- 350g frozen peas
- handful fresh mint , chopped



Method

1. Heat the oil in a large saucepan, then fry the onion for 5 mins until softened. Add the potatoes and stock, then bring to the boil.
2. Cover and simmer for 10-15 mins until tender, adding the peas 2 mins before the end of the cooking time.
3. Use a slotted spoon to remove a quarter of the vegetables from the pan and set aside.
4. Blend the remaining vegetables and stock in a food processor or using a hand blender until smooth, then stir through the reserved veg, chopped mint and some seasoning.
5. Serve with bread on the side.

Top tips

- Some supermarkets sell frozen peas with mint, a great freezer standby if you can't get hold of any fresh herbs.
- This soup is great for the freezer and makes a great quick, healthy lunch when you don't feel like preparing anything.

Fresh Mint

Fresh mint is super easy to grow yourself. It is best grown in a pot so that it doesn't take over your garden, but is very hardy and will keep coming back each year. Why not try keeping your own in a pot on your window sill or garden? Supermarket sell herb plants at a very reasonable price, which is easy to transfer into a slightly larger pot. You will then have fresh mint to pick from your garden to make delicious salads and add to cold drinks throughout the summer.



Quick Walnut Bread

300g plain flour
200g wholemeal flour , plus a little extra for dusting
1 tsp salt
2 tsp bicarbonate of soda
100g walnuts , roughly chopped
284ml carton buttermilk (or see tips box)
50ml olive oil
150ml milk



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Method

1. Heat oven to 220C/200C fan/gas 7.
2. Mix the flours, salt, bicarbonate and the walnuts in a mixing bowl. Then stir in the buttermilk and oil, followed by enough milk to make a very soft, sticky dough.
3. Dust a baking tray with wholemeal flour and shape the dough into a round, flat-ish loaf on it. Dust with a little more flour, slash the top a few times and bake for 30-35 mins until risen, crusty and cooked through – it should sound hollow when you tap the bottom of it.
4. Cool bread to just warm (or leave to cool completely if preparing ahead)

This type of bread is best eaten fresh or freeze it as soon as it cools. If you do want to eat it the next day, pop it back into the oven for a few mins to freshen it up.

Buttermilk

Traditional buttermilk is a thin, cloudy, slightly tart but buttery-tasting liquid that's left after cream is churned to make butter and is used in baking. It is available in some supermarkets, but if you can't find it, it's very easy to make your own.

Mix 250ml milk and 1 tbsp lemon juice in a jug. Leave at room temperature for 5-10 mins until the milk has thickened slightly. It won't thicken as much as traditional buttermilk, but it's a great substitute when making scones, bread or pancakes.

Don't worry if the mixture looks curdled or has small white lumps in it, it will be fine once cooked.

