



Green split pea soup

(serves 4)

A delicious traditional soup which can be enjoyed on any occasion. Warm and welcoming, an ideal recipe for a meat free day! Goes well with our hemp bread.

Ingredients

250g green split peas

1 large chopped onion

1 diced celery stick

1 diced carrot

1 diced leek

1 tablespoon hemp oil

1 vegetable stock cube mixed with 2 pints of water

Bouquet garni

Pinch of salt and pepper

Method

1. Wash and drain the peas.
2. Heat the hemp oil and gently cook the onions and leeks.
3. Place all other ingredients into the pot and bring to the boil, then cover the pot with a lid and simmer for about 45 minutes, stirring frequently.
4. Once peas are soft remove from heat and take out the bouquet garni.
5. Blend the soup and season.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	292kj 42kcal	4.0g	1.2g	0.1g	11.4g	1.8g	2.1g	0.2g
Per 380g Serving	1110kj 261kcal	15.3g	4.6g	0.5g	43.1g	6.8g	8g	0.7g