



After my mistake last week I knew I definitely had to post a recipe for the easy peasy pea-mint soup. I wonder will anyone try the [Green Mackerel Soup](#) ? Anyway peas and (ordinary) mint are well known, deservedly, as a winning combo so here is a simple soup recipe using that delicious duo.



### **The way I make Easy Peasy Pea-Mint Soup is Ingredients**

Serves 4

- 2 medium-sized onions, chopped roughly
- 2 cloves garlic, sliced
- 250g frozen brussel sprouts, sliced
- 400g frozen peas
- 1 tsp garam masala
- 1/2 tsp grated nutmeg
- bunch of fresh mint, stalks included, chopped roughly
- 300 ml water
- 1/2 tsp soft brown sugar
- salt & pepper
- 2 tbsp sunflower oil
- dot of butter
- squeeze of fresh lemon juice

### **Instructions**

1. Gently heat the oil in a large saucepan. add a dot of butter and when it's melted add in the onions and a spoon of water (or black tea if handy). Cover the pan and leave on gentle heat for 15 mins.

2. Add in the garlic and the garam masala. Stir around, cover and leave for a further 5 minutes.
3. Add in the brussels sprouts and the nutmeg. Add a good pinch of salt and pepper. Turn up the heat a little, stir around and cover for another 5 minutes.
4. Boil 250ml water (about 2 cups) in the kettle. Add the mint, then the peas and cover with the boiling water. Add the sugar. Stir around gently. Turn up the heat to max and leave to boil for 10 mins.
5. When it's ready, take off the heat. Leave to cool for a minute. Blend in a food processor or with hand blender. Taste again and add salt if necessary. Squeeze a little lemon juice in to make the flavour ping. Ladle the soup into 4 bowls.