



Sheffield & Rotherham

Spring Seasonal Soup



Vegetable soups are a perfect for making the most of what's in season.

At this time of year you can make fresh, nutritious soups with peas straight from the pod and spring vegetables.

Peas are packed full of vitamins, fibre, iron and protein, and are low in fat and sugar. But don't worry, frozen peas are just as good as fresh for nutritional value!

Ingredients – serves 6

- 1 bunch spring onions
- 1 garlic clove
- 1 large potato
- 850ml vegetable or chicken stock
- 900g young pea in the pod, or 250g frozen peas
- 4 tbsp chopped fresh mint
- 1 tbsp fresh lemon or lime juice
- 150ml double cream or soured cream (Optional)

Method

1. Wash potatoes. Chop spring onions, garlic, and potato (keep skin on – full of fibre!)
2. Heat the oil in a large soup pot over medium-high heat. Add the spring onions, garlic and potatoes and fry. Stir occasionally, until they begin to soften.



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3. Add the vegetable stock.
4. Bring to a boil, reduce the heat to medium, cover, and simmer for 30 minutes or until potatoes are soft.
5. Shell the peas into a bowl.
6. Add the peas, mint, lemon juice and cream, simmer for another 5-10 mins – no more to keep that fresh pea flavour!
7. Season to taste with salt and pepper.
8. You can blend the soup in a food processor or with a hand blender if you prefer a smooth soup – then serve hot in bowls with bread!

Seasonal Eating – Spring - March to May

Here is a list of fruits and vegetables which are in season in Spring in the UK:

- Artichoke
- Asparagus
- Aubergine
- Beetroot
- Cabbage
- Chillies
- Elderflowers
- Lettuce
- New Potatoes
- Peas
- Peppers
- Radishes
- Rhubarb
- Rocket
- Spinach
- Spring Greens
- Spring Onions
- Watercress