

Courgette, Pea and Mint Soup

Fry a large onion and stick of celery in as little oil as poss.

After a few minutes add three roughly chopped medium courgettes for a minute or two.

Add about 600 ml of stock and simmer for a few minutes.

Add 300g of peas, fresh or frozen, and simmer for ten minutes or less.

Add as much or as little mint as is to your taste. Quite a lot for me. It's the mint that gives it a lift.

Liquidise. You may need to add more water at this stage to achieve the consistency you like.

Add plenty of s and p but keep tasting.

Swirl through some cream or yogurt if you like but not necessary.

Eat with crusty bread and **enjoy!**