

ROCKPOOL

GREEN PEA AND MINT SOUP WITH SNOW PEA SALAD

Serves 4 - 6

INGREDIENTS

2 tablespoons extra virgin olive oil
1 medium brown onion, sliced
2 garlic cloves, finely chopped
¾ cup mint leaves, chopped
600g frozen green peas
600ml water or vegetable stock
2 tablespoons single (pouring) cream
½ cup quality parmesan cheese, finely grated
Sea salt and freshly ground black pepper, to taste

SNOW PEA SALAD

1 cup snow pea shoots, loosely packed
50g sugar snap peas, remove fibrous strip and trim ends
50g snow peas, remove fibrous strip and trim ends
½ cup green peas, frozen
Pinch of sea salt
freshly ground black pepper, to taste

PREPARATION

Heat the oil in a heavy based pan. Add onions, garlic, salt, pepper and cook gently over low heat for about 10 minutes, or until the onion is very soft and lightly browned.

Add mint, peas, water or stock and simmer covered for about 8 minutes, or until peas are tender. Take care not to overcook or the peas will lose their colour. Remove from heat.

Process mixture with a stick blender or in a food processor until very smooth.

Pass soup through a fine sieve into a bowl, pressing down with the back of a ladle to extract all the liquid. Discard pea skins from sieve.

Return soup to the pan, stir in cream and parmesan cheese. Add more water or stock if necessary to achieve the desired consistency. Taste and adjust seasoning as necessary.

Bring a pot of water to the boil with a pinch of salt.

Blanch the sugar snaps and snow peas for 20 seconds, then quickly place into iced water to refresh.

Slice sugar snaps about 1cm thick, and finely slice the snow peas.

Blanch the peas for 2 minutes, then add to iced water to refresh.

Once refreshed, drain all the water off, then carefully mix all ingredients together.

Add the snow pea shoots and season with a pinch of salt and pepper to taste.

To serve, divide soup amongst bowls and top with a small handful of snow pea salad.

