

RFSS Recipes 2026

Our Healthy Dish Recommendations

Miss Bracken's Minty Pea Soup

Ingredients:

- 1 tbsp olive oil
- 2 cloves garlic, crushed
- 200g leeks, washed, trimmed and chopped
- 200g celery, washed, trimmed and chopped
- 500g frozen garden peas
- 750ml vegetable stock, made with 2 vegetable stock cubes
- 14g fresh mint leaves, washed and chopped
- 50g crème fraîche, to serve

Method:

- Heat the oil in a large saucepan over a low heat. Add the garlic and sauté until lightly golden.
- Add the leeks and celery and continue to cook, stirring, for 5-10 minutes until soft but without colour.
- Mix in the peas, vegetable stock and mint, then bring to a simmer.
- Cook gently for 20 minutes.
- Using a hand blender, purée the soup in batches until smooth.
- Divide between bowls and swirl through a little crème fraîche.

