

Speedy pea & pesto soup

This easy recipe is perfect for when time is short. The balance of carbs & protein also makes it a great post-workout meal

Serves 5

Ingredients:

- 1 tbsp olive oil
- 2 large garlic cloves, crushed
- 4 tbsp pine nuts + extra to sprinkle (optional)
- 1 litre vegetable or chicken stock
- 1kg frozen garden peas
- Large bunch of fresh basil, chopped
- Fresh Parmesan cheese to serve

Method:

1. Heat the olive oil and garlic in a large soup pot on medium heat and stir until it starts to soften. Add the pine nuts and stir briefly to mix.
2. Put aside around a cupful of the frozen peas. Add the rest of the peas to the pot with the stock and heat until it simmers. Let cook for around 7 minutes.
3. Remove from the heat and blend the soup together using a hand blender or food processor. Put back on the heat and stir in the remaining peas and basil. Heat until just simmering and serve in bowls. Sprinkle with the remaining pine nuts and a generous serving of Parmesan cheese. Serve with some chunky bread.

Just add water®

Suzanne Anderegg RNutr



For more healthy recipes for families on the go and nutrition for sports:

<https://justaddwaterblog.com/>