



## Pea and Courgette Soup - serves 2 people



### INGREDIENTS

- One small onion
- Olive oil
- One courgette
- 2 mugs of frozen peas
- 1 Litre of low salt chicken/vegetable stock
- Salt and pepper



First **wash your hands** with soap and water

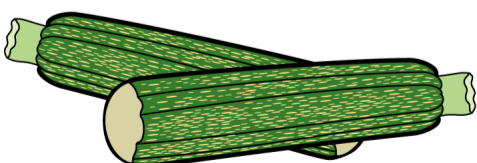


Peel and chop **one small onion**



Heat **one tablespoon of olive oil** in a large saucepan

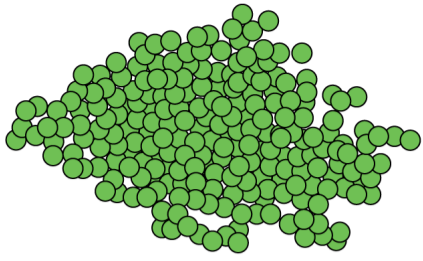
**Fry the onion** until soft



Wash **one courgette**

Slice into **thick slices**

Add the courgettes to the pan

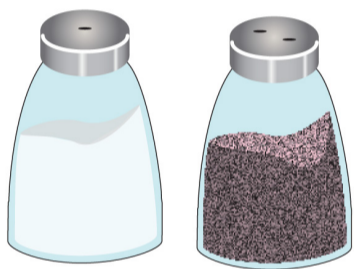


Add 2 mugs of **frozen peas** to the pan

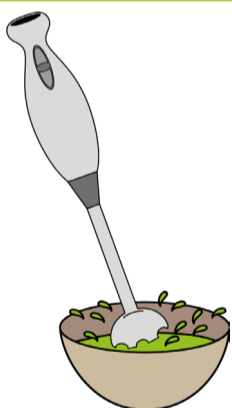


Add one litre of **low salt chicken** or **vegetable stock**

**Stir well**



Add a little **salt and pepper** to taste



Cook gently for **30 minutes**

**Blend** until smooth and enjoy!

If you are worried about your diet and would like more help contact your GP.

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