

Summery Pea and Basil Soup



Serves 4 **Prep 5 mins**

Cook 15 mins

Easy

Ingredients

2 tbsp olive oil

2 large leeks (about 400g), trimmed and sliced

1 clove/s garlic, finely sliced

400g frozen garden peas

750ml low-salt vegetable stock

12g (about 30 leaves) basil, plus extra to serve

3 tbsp crème fraîche, plus extra to serve

Squeeze of lemon juice (optional)

1. Heat the oil in a large frying pan over a medium heat. Add the leeks and a pinch of salt. Fry for 5-6 minutes until the leeks are soft, then add the garlic and fry for 2-3 minutes more. Add the peas and stock, bring to a simmer and cook for a further 3-4 minutes. Take off the heat and allow to cool for 5 minutes.
2. Add the basil, crème fraîche and a squeeze of lemon juice (if using) to the pan; season. Whizz with a stick blender (or use a jug blender) until smooth. Taste, and adjust the seasoning if needed.
3. Reheat to serve, if necessary, then divide between bowls. Top with a little more crème fraîche, a few more basil leaves and a grinding of black pepper. The soup will freeze for up to 3 months