

Green pea soup, fresh mint and citrus yogurt

Recipe for 4 persons

Description

Soup made with frozen green peas (or fresh in season) and refreshed with yogurt flavored with citrus zest and fresh mint.

Note

You can serve this soup chilled by putting it in the refrigerator for 1 to 2 hours before serving.

Ingredients

For the soup

- 250 Gr Frozen sweet peas
- 1 Unit(s) Onion
- 750 Ml Vegetable stock
- Salt and pepper
- Olive oil

For the citrus yogurt

- 1 Unit(s) Orange
- 1 Unit(s) Lemon
- 100 Gr Plain yogurt 10%
- 4 Sprig(s) Mint
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**

General preparation

Finely chop the onion. Zest the lemon. Zest the orange

Green peas preparation

In a pan, drizzle some olive oil and fry the onion. Add the green peas. Season with salt and pepper to taste and cook for a few minutes. Cover with vegetable stock and cook for 8 to 10 minutes. Mix well using a hand mixer. Pass the soup through a sieve and adjust the seasoning.

Citrus yogurt preparation

In a bowl, mix yogurt with the citrus zest. Add salt and pepper and mix well.

To serve

Serve the green peas soup into bowls. Add a spoonful of citrus yogurt citrus at center of each bowl. Finely chop the mint at the last minute and sprinkle it on top of the yogurt.

Bon appétit!