

Yellow Pea Soup with a Twist

Allergens – **Celery**

Ingredients

| Quantity | Ingredient |
|----------|--|
| 600g | Yellow Split Peas |
| 400g | Carrots (diced) |
| 200g | Onions (chopped) |
| 200g | Turnip (chopped) |
| 350g | Potatos |
| 200g | Pear halves in juice |
| 50g | Vegetable Bouillon (Knorr contains Celery) |
| 4 ltr | Water |
| 20g | Parsley (fresh) |

Method

1. Placed the water and bouillon in a thick bottomed pan and bring to the boil.
2. Add the washed peas and bring back up to a boil then skim.
3. Add the remaining vegetables.
4. Simmer until tender.
5. Add the pears.
6. Blend the soup thoroughly.
7. Garnish with fresh chopped parsley.

Nutritional Content per 200g portion

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (mg) | Carbs (g) |
|---------------|---------|--------------------|-----------|-----------|-----------|
| = 135.3 | = 1.4 | = 0.4 | = 4.1 | = 0.7 | = 24.5 |

Portion size - Primary – 200g

Reviewed March 2019