



Recipe created by Roberta Asher
(chef & dietitian)

Serves: 4 (200ml per serve)

Time to prepare: 15 mins

Time to cook: 5 mins

Hands on time: 20 mins

Freeze: Yes

Ingredients

500g frozen baby peas

1 bunch fresh mint

1 shallot (1 stem)

250ml reduced salt chicken stock

5 tablespoons skim milk powder

Salt (less than half a ¼ teaspoon) and pepper

NUTRITION INFORMATION

Per 200ml serve

Energy	593 kJ / 140 cal
Protein	12.2 g
Carbohydrate	18 g
Dietary Fibre	7.5 g



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Method

1. Bring a large pot of water to the boil over a high heat.

PREPARE

2. Wash the **mint** and in a salad spinner or colander. Remove the leaves from the stems and place on the plate. You want about 25g of mint leaves.
3. Wash the **shallot** and roughly chop. Put them on the plate with the mint.

COOK

4. When the water is boiling add the **baby peas** and bring back to the boil.
5. Add the **mint** and **shallots** to the pot and immediately turn off the heat.
6. Place a colander in the sink and drain the **baby peas, mint and shallots** using in a colander, then rinse with cold running water to cool.
7. Add to the blender jug with **chicken stock, pepper** and a small amount of **salt**. Blend until smooth.
8. Add the **skim milk powder** and gently pulse until it is all combined.
9. Serve 200ml in a bowl. It is enjoyable to eat either hot or cold.

