



## Young Marketeers Winter Sale

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### Pea, mint & cabbage soup

Recipe by Michaela Bowles

Serves 4

#### Ingredients

50g butter or 2tbsp oil  
1 small green cabbage, sliced  
450g frozen peas  
1-2tbsp mint, chopped  
400ml vegetable stock, warm  
2tbsp natural yoghurt, crème fraiche or cream, optional

#### Equipment

Board  
Knife  
Wooden spoon  
Jug  
Large saucepan  
Blender

#### Recipe

- Heat a large saucepan and add the butter or oil, once hot add the cabbage and peas and cook for 2-3 minutes.
- Add the mint and the stock and cook for 10 minutes.
- Finish with the yoghurt, crème fraiche or cream if using and blend until smooth.

