



SUMMER PEA AND MINT SHOTS

These are lovely and vibrant and make a super little summer canapé or they can be served for a light summertime supper!

Serves 4-6

INGREDIENTS

1 tsp butter
1 tsp olive oil
2 garlic cloves, chopped
2 large leeks, washed and thinly sliced
3 fresh basil sprigs
300g peas, fresh or frozen
800ml chicken stock, hot
25g fresh mint, roughly chopped
3 tbsp single or double cream

METHOD

1. Melt the butter with the olive oil in a large saucepan, then add the garlic and leeks. Fry for 4 mins, until the leeks are translucent. Stir in the basil sprigs and cook for a minute.
2. Add the peas and pour in the stock. Bring to the boil, cover and simmer for 10 mins. Turn off the heat and allow to cool, then remove and discard the basil.
3. Stir in the mint and cream into the cooled soup, then using either a food processor or hand held blender, blend smoothly until completely smooth.
4. Season to taste, then chill for an hour.