



# frozen peas

Though they were used for years purely as a side dish, peas are now popping up in pies, pastries and scrumptious soups. First frozen back in the 1920s, peas remain one of the few vegetables that are freshest when plucked from the deep-freeze. They will keep for eight months.

## pea & coriander soup

serves 4 as an entree prep 5 mins (+ 10 mins cooling time) cooking 25 mins

1 tbs olive oil  
1 brown onion, finely chopped  
2 garlic cloves, finely chopped  
1 x 500g pkt frozen peas  
1L (4 cups) vegetable stock  
¼ cup chopped fresh coriander  
Salt & ground black pepper, to taste  
90g (⅓ cup) Greek-style natural yoghurt, to serve  
Chopped fresh coriander, extra, to serve

- 1 Heat oil in a large saucepan over medium heat. Add onion and garlic, and cook, uncovered, stirring occasionally, for 3-4 minutes or until onion softens slightly.
- 2 Add the frozen peas and stock, and bring to the boil over high heat. Reduce heat to medium and simmer, partially covered, for 10 minutes or until the peas are tender. (See microwave tip.)
- 3 Set the soup aside in the pan for 10 minutes to cool slightly. Transfer ⅓ of the soup to a blender or the bowl of a food processor. Process until smooth. Transfer to a large heatproof bowl and repeat with the remaining soup in 2 batches.
- 4 Return the pureed soup to the saucepan and stir in the coriander. Cook over low heat, stirring, for 5 minutes or until heated through. Taste and season with salt and pepper.
- 5 Ladle soup into bowls. Dollop with yoghurt and sprinkle with the extra coriander.

**microwave tip** Place oil, onion and garlic in a 3-litre (12-cup) heatproof microwave-safe bowl and cook, uncovered, on High/800watts/100% for 1-2 minutes or until onion softens slightly. Add peas and stock. Cover with lid or double layer of plastic wrap. Cook on High/800watts/100% for 10-15 minutes or until the peas are tender.