

Pea and ham soup

Serves 4  Prep: 10 mins | Cook: 30 mins

An easy family recipe, made with ingredients bought by your Best Start Foods card. Helping you serve a balanced diet on a balanced budget.

Ingredients



300g Frozen Peas



1.5ltr Ham Stock



1 Carrot



2 Bay Leaf



1 Onion



6 slices Cured Ham



½ Leek



2 Spring onions



2 sticks Celery



20g Oil



4 cloves Garlic, crushed



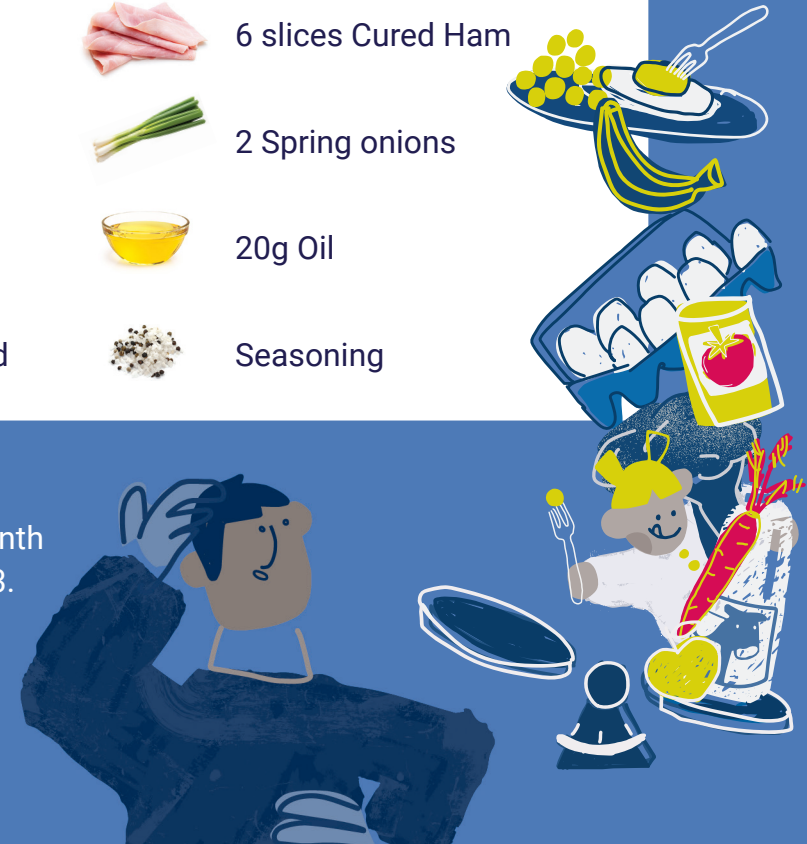
Seasoning

Best Start Foods is a pre-paid card which could give you over £40 a month to buy food for your children under 3.



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Method



1. Prepare the vegetables

Wash and peel all the vegetables. Finely chop the onion, celery, leek and carrot.



2. Cook the vegetables

In a large pan add the oil and once you have a little heat, add the chopped vegetables. Cook down the vegetables to get as much flavour as possible from them. This will form the base of the soup.



3. Add ham and garlic

Once the vegetables are soft put in half the cured ham and the garlic, mix in with the vegetables.



4. Add stock

Next add the stock and the bay leaf, bring to the boil.



5. Add peas

The last thing is to add the frozen peas. Once you add the peas, bring to the boil.



6. Blitz and serve

Remove the bay leaf and blitz until smooth. To finish, top with some chopped spring onion and some shredded ham.

This recipe was created by professional MasterChef winner and Scotland's National Chef, **Gary Maclean**

Gary Maclean



Scan to watch Gary prepare the recipe



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