



## Pea and ham soup

1 tbsp. vegetable oil  
1 onion  
1 potato (about 250g)  
300g frozen peas  
400ml vegetable stock  
200ml semi-skimmed or whole milk  
100g thick cut ham  
Small handful of mint leaves (optional)  
salt and freshly ground black pepper

Peel and chop onion.

Peel potatoes and cut into dice-sized cubes.

Heat the oil in a large pan and add the onions and potato. Take a piece of baking paper large enough to cover the top of the pan, scrunch it up then unfold it. Lay the paper over the surface of the vegetables, sealing them in right to the edges of the pan (this helps cook the vegetables more quickly). Put a lid on the pan, cook on a low heat for 8-10 minutes, until the potatoes are tender and the onions are soft and translucent.

Meanwhile, cut the ham into cubes.

Carefully remove the paper.

Add the peas and stock to the pan, then bring to the boil. Cook for a couple of minutes, or until all the peas have floated to the top and are tender and bright.

Take the pan off the heat. Using a stick blender, process the peas until very smooth.

Add the milk (or, if preferred, use more stock, water or cream) and ham. Bring the soup back to a simmer, then season to taste with salt and pepper, remembering that the ham is fairly salty.