

# Pea & Ham Soup with Mint & Lemon Oil

Serves 6-8

## Soup Ingredients:

- 2 tbs olive oil
- 1 brown onion, chopped
- 3 celery sticks, chopped
- 2 carrots, peeled and chopped
- 4 cloves of garlic, chopped
- 2 potatoes, peeled and chopped
- 2 bay leaves, dry or fresh
- 6 fresh thyme sprigs
- 1 smoked ham hock
- 2 cups of green spilt peas
- 1L chicken stock
- 1L water
- Salt and Pepper



## Mint and Lemon Oil Ingredients:

- 1 bunch of mint leaves
- 100ml olive oil
- Pinch of salt
- Juice of 1 lemon

## Mint and Lemon Method:

1. Blanch mint leaves in boiling water for 30 seconds. Refresh in ice water. Dry thoroughly on paper towel
2. With a stick mixer or blender, blend the mint and olive oil together and pass through a fine sieve or cheese cloth. Add salt and lemon to oil. Put aside

## Soup Method:

1. Rinse the green split peas under cold water until the water runs clear
2. In a large soup pot, heat oil over medium heat. Add the onion, garlic, celery, carrots, potatoes, bay leaves and thyme. Cook for 5 minutes or until the onion starts to soften
3. Add the stock, water, green split peas and ham hock to the pot. Stir and bring to the boil. Reduce heat to low and simmer for 2 hours or until the ham is falling off the bone
4. Turn off the heat, remove the ham hock, discarding the skin and bone. Shred the meat
5. Remove bay leaves and thyme sprigs and blend soup with a stick blender until smooth. Stir in the ham hock meat.
6. Season to taste with salt & pepper and serve in bowls with a drizzle of the Mint & Lemon oil on top