

Minted pea soup with poached egg & tofu

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Vegetarian soup ideas from The Fit Foodie, Sally O'Neil.

Ingredients (serves 4)

- 1 tbsp olive oil
- 1 brown onion, chopped
- 3 garlic cloves, minced
- 3 cups salt-reduced vegetable stock
- 1/3 cup fresh mint leaves
- 5 cups frozen green peas
- 4 free-range eggs
- 400g packet silken tofu
- Pepper and fresh mint sprigs, to serve

Method

Heat oil in a large saucepan over medium heat.

Add onion and garlic and cook for five minutes until soft, stirring regularly.

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Add stock and simmer for two minutes before adding mint and peas.

Cover and return to the boil for three minutes until peas are tender but still retain their bright colour.

Meanwhile, poach eggs in a pan of boiling water for three minutes. Remove with slotted spoon and drain on a paper towel.

Remove soup from heat, add [tofu](#) and using a stick blender, blend until smooth.

Ladle into four serving bowls.

Top each with a poached egg, pepper and a mint sprig. Serve.

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Recipe and images from Sally O'Neil, the-fit-foodie.com

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