

# pea + watercress soup

**Makes 3 servings**

RECIPE FROM: [Georgia Eats](#)

PREP TIME: 10 minutes

COOK TIME: 15 minutes

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2 Tbsp olive oil  
1 sweet onion, finely chopped  
2 large garlic cloves, minced  
4 cups vegetable stock or bone broth  
16oz bag frozen peas  
2 bunches watercress (or a 4oz bag)  
sea salt & freshly ground black pepper, to taste

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## *For Herby Drizzle*

3 Tbsp extra virgin olive oil  
2 Tbsp lemon juice  
15 g (roughly ½ cup) fresh parsley  
15 g (roughly ½ cup) fresh mint leaves  
1 Tbsp water  
sea salt & freshly ground black pepper, to taste

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## NOTES:

This surprisingly sweet soup is an easy way to fit in one of the most nutrient dense vegetables out there.

Don't pass on the herby drizzle, it makes all the difference!

HEAT oil in a large pan over medium heat. Once hot, add onion and a pinch of salt and sauté 10 minutes, or until soft and translucent.

ADD garlic and sauté for a minute or so, just to soften.

POUR stock or broth into the pan and bring to a boil.

ADD frozen peas, bring back up to a boil and continue to cook for 2 minutes.

STIR in watercress, count to 10, then remove the pan from the heat.

USE a hand blender to blitz the soup until completely smooth. Season to taste with salt and black pepper.

MAKE the herby drizzle by combining all ingredients in a food processor. Blitz until almost smooth, allowing some texture to remain.

SPOON soup into bowls and garnish generously with the herby drizzle and a good crack of black pepper.

