

Pea and parsley puree

Ingredients

1 Onion

20g Butter

1 Tablespoon olive oil

Thyme leaves only

20g Flat leaf parsley

2 Cups peas

1 Cup veg or chicken stock

Salt and pepper

METHOD

1. Chop the onion.
2. Place butter and oil in a saucepan with the onions cook until just soft, add the peas, parsley, thyme and stock and cook until peas are soft 5-8 mins.
3. Puree until smooth then add salt and pepper to taste.