

Cold cream of green peas and mint

COOKING
LOVERS TESA



Consejo del chef

We can do this cream with fresh or frozen peas.

Raciones para 4

500 g
Green peas

1
Onion

800 ml
Vegetables broth

2 tablespoons
Fresh chopped mint

3 tablespoons
Olive oil

Salt and pepper

Peas, sprouts and goat cheese to decorate
(option)

- 1 Heat the olive oil in a pot, medium heat, and add the chopped onion. Fry gently for about 10 minutes.
- 2 When the onion is tender, add the peas and the broth and bring it to boil. Then, turn down the heat and leave for 10 minutes.
- 3 Remove from fire and add the fresh mint.
- 4 Grind with a blender until the mixture is smooth.
- 5 Add some salt and pepper and place it in the fridge until serving.
- 6 We can serve this plate with some other peas, sprouts and goat cheese as sides.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/crema-fria-de-guisantes-y-menta/>

