

5-ingredient creamy pea soup



★★★★★

0:05 Prep • 0:15 Cook • 6 Servings • Easy

Get back to the basics with this creamy pea soup topped with finely chopped chives.

YOUR LOCAL PRICING

Looks like your closest store is Coles Central Kings Cross 2011 [Change location](#)

coles

Brown Onions
Prepacked 1kg
\$1.50 per 1kg
Special available from
17/07/19 to 23/07/19



Sugar Snap Peas
Prepacked 200g
\$9.90 per 1kg

Prices available at displayed Coles store, may not be available at other stores or coles.com.au. Specials commence at 7am on start date, but may start before or extend beyond displayed dates. While stocks last. We reserve the right to limit sale quantities. Multi save price only available when purchased in the multiples specified.

Prices accurate as at: 17/07/2019

INGREDIENTS

- ☐ 1 brown onion, finely chopped
- ☐ 4 cups (1L) salt-reduced chicken stock
- ☐ 750g frozen peas
- ☐ 1/2 cup (125ml) pouring cream
- ☐ Finely chopped chives, to serve

METHOD

- Step 1** Heat a large greased saucepan over low heat. Cook the onion, stirring occasionally, for 10 mins or until onion softens.
- Step 2** Add the stock. Increase heat to high and bring to the boil. Add the peas and cook, stirring, for 2-3 mins or until mixture just comes to the boil. Remove from heat.

- Step 3

Use a stick blender to carefully blend until almost smooth. Add half the cream and blend to combine. Season.
- Step 4

Ladle soup evenly among serving bowls. Drizzle with remaining cream and sprinkle with chives to serve.

NUTRITION


800 kj ENERGY	8g FAT TOTAL	5g SATURATED FAT	8g FIBRE	10g PROTEIN
559mg SODIUM	8g CARBS (SUGAR)	15g CARBS (TOTAL)		

All nutrition values are per serve

COMMENTS & RATINGS


★★★★★

Great mid week dinner



AuntyM

411 days ago



So easy, quick and the main ingredients are always in our pantries. A great mid week winter warmer soup.

Like

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0

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30 NEW

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*While stocks last. For full terms & conditions visit [coles.com.au/littleshop/terms-and-conditions](https://www.coles.com.au/littleshop/terms-and-conditions)

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