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**Botanic Cottage Community Cook Club 9th July 2020**

**Pea and pesto soup**



Ingredients

* 1 tbsp olive oil
* 1 onion, diced
* 2 cloves garlic, peeled and roughly chopped
* 700g frozen peas
* 600ml vegetable stock
* ½ a bunch of fresh basil
* A wedge of lemon (optional)

For the pesto

* 30g almonds or pine nuts
* 1 clove of garlic
* 1 tbsp olive oil
* 1 tbsp grated parmesan
* ½ bunch basil.

You will need - a large pot and a wooden spoon, a stick blender, a pestle and mortar or small food processor.

Method

**Soup**

1. Heat the oil in a large saucepan and add the onion and garlic.

2. Cook gently for 5 minutes until both are softening.

3. Add the peas and the stock, and bring to a simmer.

4. Separate the stalks and leaves of the basil, add the stalks to the pan.

5. Simmer without a lid for around ten minutes until the peas are cooked.

6. Add the basil leaves and blitz until smooth.

7. Taste and season with salt and pepper and a squeeze of lemon.

**Pesto**

1. In a pestle and mortar crush the garlic, nuts and basil.

2. Add the olive oil and parmesan, stir and season to taste.

If you don’t have a pestle and mortar you can either use a small food processor (but try to keep the pesto chunky), or alternatively chop everything on a large chopping board.