



## Pea & Fennel Soup

### What to collect

Ingredients	Equipment
50ml olive oil, 2 fennel bulbs ,finely chopped	chopping board
1 leek, finely chopped	knife
2 garlic cloves, finely chopped	large saucepan
5 cups vegetable stock	wooden spoon
1 kg frozen peas, defrosted	zester
3 cups silverbeet (about 2 bunches), stems removed and shredded	juicer
1 lemon, juice & grated rind	metric measuring cups

### What to do

1. Heat oil in a large saucepan over medium/high heat.
2. Add fennel, leek & garlic, sauté until tender (5-6 minutes)
3. Add stock, bring to the boil, reduce heat to medium and simmer for 5 minutes.
4. Add silverbeet and cook till wilted. Stir through peas and remove from heat.
5. Then process with a hand held blender until very smooth. Add lemon juice and rind, season to taste and serve.