



This delicious and hearty soup is easy to make, packed full of protein and will warm your tummy this winter.



Ingredients:

- 1 tbsp olive oil (+ more to drizzle)
- ½ tsp salt
- ½ tsp smoked paprika
- 2 large onions, chopped
- 2 cups dried green split peas (thoroughly rinsed and drained)
- 2 tbsp chopped parsley (plus some to garnish)
- ½ a lemon juiced, and zest kept
- 5 cups water



Method

Heat oil in a large pan, with the onions, and cook on a medium heat until soft. Add the peas and water then cover and let simmer for around 20 minutes, or until the peas are cooked. Add salt and stir thoroughly. If you enjoy slightly chunky soup, remove half the peas and set aside, whilst you puree the remaining peas with a hand blender. Add the remaining peas, the parsley, lemon juice and more salt to taste if needed and then stir and let sit for 10 minutes.

Serve with a drizzle of olive oil, a splash of lemon juice, a pinch of paprika and a sprig of parsley, and enjoy!

Tips

Serve with some delicious buckwheat and chia bread for that extra protein kick!