

Pohlmans

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Creamy pea, mint and potato soup

- 2 cups Gourmet Vegies Peas
- 4 Potato King Pontiac Potatoes, peeled and coarsely chopped
- 1 litre Vegetable Stock
- olive oil
- 3 Hidden Valley Mint leaves, chopped
- 1 tablespoon low fat ricotta, to serve
- crusty bread, to serve

1. Place a large saucepan or casserole dish onto medium heat.
2. Add King Pontiac Potatoes to the pan, covering with vegetable stock.
3. Reduce the heat, and simmer for 10 minutes.
4. Add Gourmet Vegies Peas and continue simmering for another 30 minutes.
5. Once potato is extremely tender, add Hidden Valley Mint leaves.
6. Using a stick blender, blitz soup in the pot until smooth.
7. Serve with a ricotta swirl, chopped mint and crusty bread on the side.

Middle Eastern spiced vegetable soup

- 1 Gourmet Vegies Sweet Potato, peeled and coarsely chopped
- ½ Gourmet Vegies Cauliflower, coarsely chopped florets
- 1 cup French green lentils
- 1 litre chicken stock
- 1 tablespoon Hidden Valley Rosemary, destalked and chopped
- 1 tablespoon chilli, deseeded and chopped
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 1 tablespoon cumin
- olive oil
- crusty bread, to serve

1. Place a large saucepan or casserole dish on high heat. Coating liberally with olive oil.
2. Sautée onions until caramelised, adding garlic and stirring until fragrant.
3. Add the Gourmet Vegies Sweet Potato, Cauliflower, French green lentils, Hidden Valley Rosemary, cumin and chopped chilli to the pan.
4. Top ingredients with chicken stock.
5. Reduce heat, cover and simmer for 40 minutes.
6. Once sweet potato and cauliflower are very tender, add torn coriander.
7. Using a stick blender, blitz soup in the pot until smooth.
8. Serve with crusty bread.