



re:fresh

your health and wellbeing

RECIPES

PEA & PESTO SOUP WITH FISH FINGER CROUTONS

QUICK AND EASY STORE CUPBOARD RECIPE FOR KIDS

SERVES 4

INGREDIENTS

500g frozen peas
4 medium potatoes, peeled and cut into cubes
1 litre hot vegetable stock
300g pack of fish fingers (approx.10)
3 tbsp green pesto

NUTRITION PER SERVING

Kcal 328	Sugars 4g
Fat 10g	Fibre 8g
Saturates 3g	Protein 21g
Carbs 40g	Salt 1.88g

METHOD

1. Tip the peas and potatoes into a large saucepan, then pour in the stock. Bring to the boil and simmer for 10 mins, until the potato chunks are tender.
2. Grill the fish fingers as per pack instructions until cooked through and golden. Cut into bitesize cubes and keep warm.
3. Take a third of the peas and potatoes out of the pan with a slotted spoon and set aside.
4. Blend the rest of the soup until smooth, then stir in the pesto with the reserved vegetables.
5. Heat through and serve in warm bowls with the fish finger croûtons on top.