

PEA VELOUTÉ SOUP WITH THYME FOAM

Soup Program

Serves 6 – Preparation time: 10 min – Cooking time: 30 min

700 g frozen or shucked peas
650 ml water
1 chicken stock cube
1 garlic clove
1/2 a yellow onion

1 tbsp olive oil
200 ml almond milk
3 sprigs of thyme
Salt and pepper

Peel and chop the garlic and onion.

Add the peas, garlic, onion and chicken stock cube to the blender. Add the water and olive oil. Add salt and pepper. Select the Soup programme, then press the Start/Stop button. When the programme is finished, keep the soup warm. Wash the blender.

Pour the almond milk into the blender. Add the thyme, salt and pepper. Press the Heat button, then set the temperature to 70°C for 5 minutes. When the programme is finished, press the Blend button and set the speed to H and the time to 2 minutes.

Pour the soup into serving bowls. Using a spoon, take a scoop of the almond milk foam and place it gently on top of the soup.

TEFAL TIP:

1. Serve the soup with roughly chopped crispy smoked bacon.
2. Try using homemade almond milk.

