

Ham and pea soup

INGREDIENTS;

- 1 Ham bone, with a little meat left on it
- 1 Large yellow onion, diced
- 2 Garlic gloves, sliced
- 1 Medium potato, diced
- 2 Medium carrots, sliced
- 1 Box frozen peas, 10 oz
- 3 ½ Cups of chicken stock
- 1 Rosemary sprig
- 3 Fresh sage leaves
- 2 Tablespoons of olive oil

METHOD;

Heat the olive oil in a large saucepan. Add in the carrots, onion and garlic. Cook gently for about 10 minutes, until the onion is translucent and the carrots soft.

Add the potato, ham bone and herb. Stir a little.

Pour in the chicken stock, cover with the lid and simmer on a medium heat for 30 minutes.

After 30 minutes, take the ham out of the pan and place on a chopping board. Pull off any ham that is left on the bone and put it back into the pot

Pour in the peas, and cook for 3 minutes or so, until they aren't frozen anymore

Blitz everything in a blender, of all the kitchen gadgets I have stashed away, I don't have an immersion blender

Serve with some fresh bread and a dollop of sour cream