



Food image courtesy of gourmandelle.com

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Ingredients

- 1 teaspoon olive oil
- 1 chopped onion
- 3 sliced courgettes
- 1 cup boiled peas
- 2 cups water
- Salt and pepper to taste
- 1 lemon (juiced)
- 1 bunch finely chopped coriander



Preparation Method

1. Light your **Envirofit Supersaver Charcoal Jiko** using little charcoal.
2. Fry onions in olive oil until soft. Add courgettes and cook for 3 minutes.
3. Add peas, water, salt and pepper.
4. Cook till it boils then reduce heat to cook gently.
5. Allow the soup to cool slightly then blend until smooth.
6. Return the soup to pan, add lemon juice and reheat.
7. Serve in soup bowls accompanied by toasted bread and see your family enjoy!