

# Easy Pea Soup with mint, chickpeas and feta cheese

Total time **35 mins** 10 mins preparation time 25 mins cooking time

Nutritional facts (per portion):  
**1,810 kJ / 433 kcal**

Fat: **30.6 g** Protein: **14.6 g**  
Carbohydrates: **28.3 g**

## INGREDIENTS

2 portion(s)

|                  |                                                         |
|------------------|---------------------------------------------------------|
| <b>100 g</b>     | potatoes                                                |
| <b>100 g</b>     | leek                                                    |
| <b>1 tbsp</b>    | butter                                                  |
| <b>200 g</b>     | green fresh peas                                        |
| <b>700 ml</b>    | vegetable stock                                         |
| <b>1 tbsp</b>    | <u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u> |
| <b>0.5 tsp</b>   | freshly ground pepper                                   |
| <b>1 tbsp</b>    | fresh mint                                              |
| <b>To serve:</b> |                                                         |
| <b>150 g</b>     | cooked chickpeas                                        |
| <b>1 tbsp</b>    | olive oil                                               |
| <b>1 tbsp</b>    | ground paprika                                          |
| <b>1 tsp</b>     | ground coriander                                        |
| <b>60 g</b>      | feta cheese                                             |
| <b>0.5 tsp</b>   | pepper                                                  |

## PREPARATION

### Step 1

Dice the potatoes, cut the leek into slices. In a saucepan, fry in butter, and when slightly softened, pour in the stock and add the peas. Season with Kikkoman Ponzu lemon and pepper. Cook for 20 minutes.

### Step 2

Meanwhile, preheat the oven to 200 °C. Coat the rinsed chickpeas with olive oil, ground paprika and coriander. Place in a tin and bake for 15 minutes.

### Step 3

Using a blender, blend the soup until smooth and sprinkle with fresh mint. Serve with roasted chickpeas and crumbled feta cheese.