

Pea soup with quick flatbreads

Ingredients

1 small onion, peeled and chopped
1 clove garlic, crushed
2 cans mushy peas
1 vegetable stock cube
500ml boiling water
1 teaspoon oil or spray oil
Black pepper

Quick flatbreads

150g self-raising flour, sieved
150g low fat natural yogurt
Black pepper
Extra flour for kneading



Equipment

Vegetable knife, chopping board, can opener, measuring jug, saucepan, mixing bowl, mixing spoon, non-stick frying pan.

Method - soup

1. Heat the oil in the saucepan and fry the onion and garlic until soft, approximately 3-4 minutes.
2. Add the mushy peas, crumble over the stock cube and add the boiling water.
3. Stir well and bring to the boil.
4. Simmer for 15 minutes.
5. Serve.

Method - flatbreads

1. Mix the flour, yogurt and black pepper in a bowl.
2. Tip onto a clean, floured surface and knead gently until smooth.
3. Divide the dough into four and shape into balls.
4. Flatten and shape into a circle, about the size of a saucer or 12-14 cm.
5. Heat the non-stick frying pan and cook the flatbreads one by one until they are crisp and golden, approximately 3 minutes each side.
6. Cut into slices and serve with the soup.