

Less than 30 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) canola oil
- 2 onions, chopped
- 2 cloves garlic, chopped
- 8 sprigs fresh thyme (dried works well too)
- 2 pork chops (or 2-3 pork-neck steaks or sausages, or 2 chicken breasts)
- 5-6 cups (1.25-1.5L) vegetable stock
- ½ packet (250g) green split peas
- Salt and milled pepper
- ¼ packet (125g) frozen peas
- Crusty bread, for serving

Method:

1. Heat oil in a pot and sauté onions for 5 minutes.
2. Stir in garlic and thyme and fry for a minute.
3. Add pork chops and brown well.
4. Cover with stock and add split peas. Season.
5. Simmer for 20 minutes.
6. Remove pork, cool and shred (discard bones)
7. Add frozen peas to pot and cook until tender.
8. Blitz soup with a stick blender to desired consistency.
9. Stir in the shredded meat and serve warm with crusty bread on the side.