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.