



In the Kitchen with Primary Students

SPLIT PEA, BACON AND CORIANDER SOUP

FRESH FROM THE GARDEN: Coriander



Lemons



Blueberries



Tomatoes

Ingredients

- 250g bacon rashers (diced)
- 1 large brown onion (diced)
- 3 cloves garlic (crushed)
- 1 large carrot (peeled and diced)
- 2 celery sticks (finely sliced)
- 250 green split peas (rinsed well and drained)
- 5 cups water
- Ground black pepper
- Optional - chopped fresh coriander

Method

1. Over medium heat, saute bacon, onion and garlic for 5 minutes.
2. Add carrot, celery, rinsed peas and water.
3. Bring to boil. Reduce heat to medium-low, cover and simmer gently, stirring occasionally, for 1 hour or until the peas have softened.
4. Remove lid. Increase heat to medium. Simmer for 15 minutes.
5. Garnish as required.