



INSTANTPOT PEA & GAMMON SOUP (SERVES 10)

INGREDIENTS:

- 1 supermarket vegetable stew pack, chopped into chunks
- 900g-1kg gammon joint
- 500g dried peas (I used the bigga packs which include soaking tabs)
- herbs of your choice

INSTRUCTIONS:

- soak the peas for at least 12 hours using the tabs provided. drain and rinse.
- place your stew veg, gammon and herbs plus a litre of water onto the metal trivet in your instant pot.
- cook the gammon on high pressure for 40 minutes and allow it to release naturally.
- remove the gammon and put to one side to cool. pour the stock and vegetables into a large pan and bring up to the boil.
- pour in the peas and reduce to a simmer for 20 minutes adding water where required.
- whilst the peas are cooking, shred the gammon with 2 forks.
- once the peas are cooked, blend the soup until smooth.
- to serve top with the shredded gammon.

295 cals 28g P 26g C 8g F