**Lettuce soup**

Serves 4 (generously)

* 1 round lettuce (about 350g)
* 1tbsp olive oil
* 3 shallots, finely sliced
* 3 large garlic cloves, sliced
* 400g frozen peas
* 1.5 litres hot fresh vegetable stock
* Small bunch fresh mint, leaves picked
* ½ tsp salt

1. Separate the lettuce leaves and wash thoroughly to remove any clinging grit.
2. Add oil to a large, deep saucepan over a medium heat. Add the shallots and garlic and gently fry; turning the heat down if necessary (you don’t want them to brown).
3. When the shallots are tender, chop the lettuce up a bit and stir it into the shallots.
4. When the lettuce has wilted, add the peas, stock and mint leaves and bring to the boil. Turn the heat down, season with salt and ground black pepper, and then simmer for 7-10 minutes.
5. Remove the pan from the heat and blend the soup using a stick blender. Reheat gently, taste and adjust the seasoning, then serve the soup in big bowls.
6. It’s best eaten straightaway.