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# Pea soup gluten-free recipe with walnut oil and parsley

## Ingrediënten

- 300 g Fresh or frozen garden peas
- 4 tsp Peas (as a garnish)
- 1 Clove of garlic
- 500 mL Cold water
- 1 tbsp Yeast-free vegetable stock
- ½ tsp Seasoning (Amanprana ORAC Mix with chilli)
- ½ tsp Multicoloured peppercorns
- 2-3 tbsp Walnut oil (Amanprana Perigord)
- One sprig Flat leaf parsley (as a garnish)

## Extra info

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### Recept geschikt voor:

4 personen

### Moeilijkheid:

### Vorbereidingstijd:

minuten

### Bereidingstijd:

10 minuten

### Totale bereiding:

10 minuten

## Gebruikte producten

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De **Amanprana producten** die gebruikt zijn bij het maken van pea soup gluten-free recipe with walnut oil and parsley

- [Walnut oil](#)
- [ORAC + chili botanico-mix](#)
- [Spice mixes](#)

## Bereiding

Peel the garlic and slice thickly. Place in a blender with the other ingredients. Blend for around 8 minutes, until the temperature of the soup from the friction of the blender reaches approximately 75°C. Pour the thick pea soup into a shallow bowl and decorate with a little flat leaf parsley and one teaspoon of peas per bowl. Drizzle with extra walnut oil according to taste.

## Speciale wensen

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- [Vegetarian](#)
- [Gluten free](#)
- [Vegan](#)