

Vellutata deliziosa

Ingredients for 4

400 Gr of fresh Peas

1.6 liters of water

22 Leaves of fresh mint

4 tablespoons of olive oil (cold pressed)

½ Teaspoon of Fine Sea Salt

1 teaspoon of freshly ground white pepper

½ Yellow Lemon

1 cup Soy Yogurt

4 Laurel leaves

Preparation

Let water boil in a pot of medium capacity, pour the peas, 10 leaves of mint and the laurel leaves, cook for 12 minutes, remove the laurel leaves and add the remaining leaves of mint, taking care to grind of the White Pepper directly above, salt and blend all with a Medium-High Power Mixer.

Prepare in a bowl the soy yogurt mixed with white pepper, fine sea salt, olive oil and lemon juice.

Serve the lukewarm Vellutata, pouring the sauce in the center.