



Wise Woman
Ayurveda
Consultations &
Education for Women

Minted Green Pea and Zucchini Soup

This vibrant green soup combines sweet peas, tender zucchini, cooling mint, and aromatic fennel into a light yet satisfying meal.

Servings: 2

Preparation Time: 30-40 minutes



Ingredients

- 1 teaspoon **ghee** (or **make your own ghee**) or **coconut oil**
- ½ teaspoon **fennel seeds**
- 1 small leek, white and light green parts only, rinsed well and sliced thinly
- 2 cups green peas
- 1 cup zucchini, diced
- 2 cups water (or good quality **vegetable broth**)
- ¼ teaspoon **pink salt**
- Pinch of **black pepper**
- ½ cup **full-fat coconut milk**
- 2 tablespoons fresh mint leaves
- 2 tablespoons fresh cilantro leaves
- 1 teaspoon lime juice

Optional garnish:

- Fresh mint leaves
- Coconut milk drizzle
- Fennel fronds
- Toasted **sunflower seeds**

Minted Green Pea and Zucchini Soup (Cont.)



Instructions

1. Heat the ghee or coconut oil in a medium saucepan over medium-low heat.
2. Add the fennel seeds and cook for about 30 seconds, until fragrant.
3. Add the sliced leek and sauté for 4-5 minutes, until softened but not browned.
4. Stir in the peas, zucchini, broth, salt, and black pepper.
5. Bring to a gentle simmer and cook for 10-12 minutes, until the zucchini is tender and the peas are bright green.
6. Remove from heat.
7. Add the coconut milk, mint, cilantro, and lime juice.
8. Blend until completely smooth using an immersion blender or countertop blender.
9. Taste and adjust seasoning as desired.
10. Serve warm (but not hot for Pitta dosha), garnished with mint, a swirl of coconut milk, or toasted sunflower seeds.

Enjoy with some warm bread and pair with a summer dessert like **Rose Saffron Rice Pudding** or **Stewed Apples**.

Minted Green Pea and Zucchini Soup (Cont.)



Sweet peas and zucchini provide natural sweetness and hydration, while mint helps cool excess heat and refresh the senses. Fennel supports comfortable digestion without the intensity of hotter spices, and coconut milk adds moisture and richness that help soften Pitta's fiery qualities.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

