

MINTED MUSHY PEAS

Equipment needed –

Saucepan, measuring spoons, juicer, food processor, colander and 3 serving bowls.

Ingredients from the Garden –

- 2 sprigs of fresh mint
- 1 tablespoon of lemon juice

Ingredients from the Pantry –

- 1 x 500 gram bag of frozen peas
- 2 tablespoons of cream

What to do –

1. Cook the peas and 2 sprigs of mint in a large saucepan of lightly salted water for 5 minutes or until the peas are tender and bright green. Drain in a colander over the sink and discard the mint.
2. Transfer the peas to a food processor, add 2 tablespoons of cream and process until smooth.
3. Juice the lemon and add 1 tablespoon of lemon juice. Season with salt and pepper and process until well combined and smooth.
4. Spoon into 3 serving bowls.

Serves –

- 28 students.