

SPRING PEA GUACAMOLE

Equipment needed –

Medium saucepan, food processor, electric scales, garlic crusher, micro plane, measuring spoons, small knives, chopping boards, juicer, colander, spatula and 3 small serving bowls.

Ingredients from the Garden –

- 4 cloves of garlic
- 2 jalapeno peppers, cleaned, seeded and diced
- ½ cup fresh coriander
- 2 tablespoons of fresh mint
- 2 teaspoons of lime or lemon zest
- 5 tablespoons of lemon or lime juice

Ingredients from the Pantry –

- 450 grams of frozen peas
- 2 tablespoons of olive oil
- 1 teaspoon of salt
- 1 teaspoon of cumin
- ½ teaspoon chilli flakes

What to do –

1. Measure out 450 grams of frozen peas. Place in a saucepan, cover with cold water, place on the lid and bring to the boil.
2. Peel and crush the garlic and place in the food processor.
3. Wash, deseed and chop the jalapeno and place in the food processor.
4. Zest the lemons using a micro plane and add 2 teaspoons of the zest to the food processor.
5. Juice the lemons. Measure out 5 tablespoons of lemon juice and place in the food processor.
6. Wash and pick the mint leaves, so that you have enough for 2 tablespoons and place in the food processor.
7. Wash and pick the coriander leaves and add ½ cup to the food processor.
8. Measure out 1 teaspoon of salt and add to the food processor.
9. Measure out 1 teaspoon of ground cumin and place in the food processor.
10. Measure out 2 tablespoons of olive oil and add to the food processor.
11. Once the peas have cooked, drain in a colander over the sink and set aside to cool.
12. Once the peas have cooled, place in the food processor and blend until you have a guacamole-like consistency (pureed but with texture).
13. Scrape down the sides with a spatula and transfer the guacamole into 3 small serving bowls. Sprinkle the top with some chilli flakes to serve.

Extra jobs for this group:

- Finely dice the tomatoes and divide into 3 small serving bowls.

- Grate the cheese and divide amongst 3 small serving bowls.
- Spoon some Greek yoghurt into 3 small serving bowls. Serves: 28 students