

MINTED PEAS

Jazz up plain frozen peas with this recipe which makes 2 portions. Eat hot as a vegetable or cold as a salad



**100g sugar snap or mangetout
peas**
100g frozen peas
1 tbsp oil
Squeeze lemon juice to taste
1 tsp chopped mint
Salt & pepper

Hints, Tips and Variations

- ◆ *Gluten, wheat & dairy free*
- ◆ *If serving hot, the peas are good served with a little melted butter stirred through.*
- ◆ *Add a finely sliced spring onion and some parsley instead of mint to change the flavour.*

Slice the sugar snaps or mange-tout.

Mix the oil, lemon juice & mint together, add salt & pepper to taste.

Put 5mm water in the bottom of a small pan, add the frozen peas and put the sugar snaps on top.

Cover the pan and bring to the boil. As soon as the water boils, drain the peas.

Mix in the dressing and either serve hot or allow to cool to eat as salad.

Per serving 121Kcal, 4g Protein, 7.1g Fat (0.9g saturated), 11.2g Carbs, 4.6g Sugar, 38mg salt