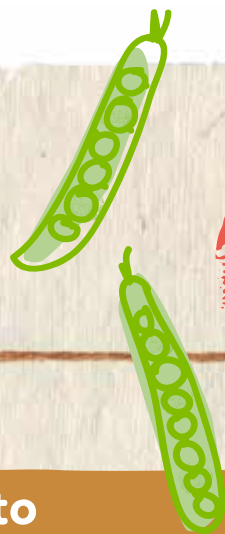


# Pea

## RECIPES



### DID YOU KNOW?

Peas are one of the oldest vegetables ever grown!



## Minted pea pesto



Total preparation and cooking time:  
10 minutes



Makes 2 tubs



Dip can be frozen in portions

### WHAT YOU NEED

2 cups of fresh or frozen peas

1 garlic clove, finely chopped

½ cup fresh basil leaves

½ cup fresh mint leaves

½ cup parmesan cheese, finely grated

⅓ cup olive oil

### HOW TO MAKE IT:



- 1 On a stove top, bring a saucepan of water to the boil and add the peas for 1 minute until bright green. Rinse them under cold water and drain well.



- 2 Add the peas, garlic, herbs and parmesan to a food processor or bowl for a stick mixer and whizz until finely chopped.



- 3 Add the oil and whizz again until smooth.
- 4 Serve with veggie sticks and crackers as a dip or stir through cooked pasta as a pesto sauce.



YOU CAN EAT ME STRAIGHT FROM THE POD!





## Minted pea soup

### WHAT YOU NEED:

- 1 tbsp. olive oil
- 1 brown onion, chopped
- 2 garlic cloves, finely chopped
- 3 cups salt-reduced vegetable stock
- ½ cup fresh mint leaves, chopped
- 1 kg frozen or fresh peas
- ¼ cup natural or Greek yoghurt, to serve

### HOW TO MAKE IT:



- 1 On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion and garlic. Cook until the onion is soft.



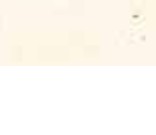
- 2 Add the stock and bring to the boil.



- 3 Add the mint and peas, cover and return to the boil. Cook for 3 mins until the peas are softened but still bright green.



- 4 Remove from heat and cool before blending.



- 5 Stir in yoghurt and serve.



Total preparation and cooking time: 20 minutes



Serves: 4-6



Soup can be frozen

## Pea and feta fritters



Total preparation and cooking time: 25 minutes



Makes 12 fritters



Fritters can be frozen

### WHAT YOU NEED:

- 3 cups frozen peas
- 1 ¼ cups wholemeal self-raising flour
- 3 eggs
- 2 spring onions, finely chopped
- ½ cup feta cheese, crumbled into small parts
- 2 tbsp. fresh parsley, chopped
- 2-3 tbsps. olive oil for frying

### HOW TO MAKE IT:



- 1 On a stove top, bring a pan of water to the boil. Add the peas and boil for 3 mins until softened but still green, then drain and cool.



- 2 In a large bowl add the flour, eggs, spring onion and half the peas. Blend until combined.



- 3 Stir through the rest of the peas, the feta and parsley.



- 4 Fry spoonfuls of the mixture until each side is golden.



GREAT HOT  
OR COLD

PERFECT FOR  
LUNCHBOXES!