

Smashing Peas



15
YEARS

V / GF

Peas are an excellent source of zinc which keeps your bones and skin healthy! Why not tell your little ones that this is what makes The Incredible Hulk big, green and strong!

Makes: 12 snack sized portions • Preparation time: 10 minutes

Ingredients

- 400g frozen peas
- 2 tbsp Greek yoghurt / crème fraiche / ricotta
- 1 small onion or 3 spring onions
- 10 fresh mint leaves
- 1 tsp garlic paste
- 1 tbsp olive oil
- 1/2 lemon (or 1 tbsp lemon juice)
- 1 tsp cumin
- 1/2 tsp black pepper

Equipment

- Hand blender (or potato masher/fork to crush the peas)
- Saucepan (if using frozen peas)
- Sharp knife
- Chopping board
- Teaspoon

Allergy information

Greek yogurt/crème fraiche/ricotta (dairy): Dairy free alternatives can be found in supermarkets.

Method

1. Grate the onion or finely chop the spring onions.
2. Boil (or microwave) the peas until cooked and blend them along with the onion until smooth. You could also use a potato masher or a fork, but they won't be as smooth.
3. Transfer the peas and onion to a mixing bowl and combine with the yoghurt, chopped mint leaves, garlic paste, lemon juice, olive oil, cumin and black pepper.
4. Transfer to a serving dish and chill for a few minutes before serving.
5. Serve with veggie sticks or wholemeal pitta breads. (We suggest toasting 1/2 pitta and using it as a pocket to fill with the pea mixture to prevent mess!)

Top tips

- To save some time, swap fresh for dried mint
- Add some avocado for extra creaminess or why not sprinkle some feta cheese on top
- For extra spice, add some chilli flakes

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