


Smashing peas

Makes: 8 portions

ingredients

- 450 grams frozen peas
- 150 grams Greek yoghurt
- 1 small onion
- 1 tablespoon of olive oil
- mint leaves
- 1 teaspoon garlic paste
- 1/2 teaspoon chilli paste
- 1 teaspoon cumin
- 1 teaspoon black pepper

method

1. Boil peas until cooked
2. Blend or mash the peas
3. Chop onion
4. Put peas and onion mixing bowl and add in yoghurt, chopped mint, garlic, chilli, olive oil, cumin and black pepper
3. Serve with veggie sticks or wholemeal pitta bread

equipment

- Knife & chopping board
- Hand blender
- Potato masher
- Mixing bowl
- Teaspoon

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