



GREEN PEA PATE

After-School Club: This recipe provides a portion of vegetables. This recipe is categorised as a composite dish so does not count towards meeting the standards to provide a portion of vegetables as an accompaniment for each pupil at lunch.

Recipe adapted from: Focus on Food's Cook School recipes

Ingredients

450g frozen peas, defrosted (or fresh garden peas - boiled until soft and cooled)
150g reduced fat Greek yoghurt
30g small red onion, peeled and finely chopped
10 mint leaves, finely chopped
4g (1 clove) garlic, peeled and crushed
2g fresh red chilli, de-seeded and finely chopped
1tbsp olive oil
2g (1 tsp) ground cumin
2g (1 tsp) black pepper

Method

1. Place the defrosted peas (or cooked and cooled peas) in a food processor and purée until smooth.
2. Transfer the peas to a mixing bowl and combine with the yoghurt, chopped onion, chopped mint, crushed garlic, chopped chilli, olive oil, ground cumin and black pepper.
3. Transfer to a serving dish and chill for 30 minutes to firm up.

Serving suggestion: serve as a dip with vegetable crudités or use as a spread for sandwiches.



Number of portions this recipe makes:

8 primary servings (30g)
5 secondary servings (130g)



Prep: 10 minutes
Cook: None



Allergy information:
Milk



Top Tips

If you don't have a food processor or blender, use a potato masher to crush the peas. A mashed version will be coarser in texture than the blended one.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.