Snow pea & Feta Salad

Season: Winter/Spring
Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: garlic, lemon, mint, snow peas, sugar snap peas

Crisp green peas add a colourful and textural flourish to this classic combination of mint and feta.

Equipment:
- medium saucepan
- colander
- clean tea towel
- chopping board
- cook’s knife
- metric measuring spoons and cups
- mortar and pestle
- whisk
- mixing bowls – 1 medium, 1 large
- mixing spoon
- serving platter

Ingredients:
- 1 large handful of sugar snap peas
- 1 large handful of snow peas
- 1 L water
- 1 clove garlic
- 1 tsp salt
- 2 tbsp lemon juice
- 1 tsp honey
- ¾ cup extra-virgin olive oil for dressing
- 1 small bunch of mint, finely chopped
- salt and pepper, to taste
- 100 g feta

What to do:
1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Wash and de-string all the pea pods.
3. Bring 1 L water to boil in the saucepan and blanch peas for 30 seconds. Drain and leave in a colander to cool.
4. To make the dressing, mash garlic and salt with the mortar and pestle, place into the medium bowl then add lemon juice and honey and whisk in olive oil.
5. Place cooled pea pods and mint in the mixing bowl and mix through carefully.
6. Add ¾ of the dressing to the salad and toss.
7. Season to taste.
8. Place salad on your serving platter, crumble feta over the top and drizzle over the remaining dressing.

*Instead of peas add roasted cauliflower.
*Add some sautéed broccoli.
*Make up kale chips / salt / olive oil.