

In baking dish, olive oil, season add 1 handful chopped kale roasted in oven for 10 minutes or until crunchy.

## Snow pea & Feta Salad

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

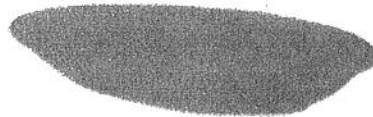
### Ingredients:

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  
 ¼ 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.



\* Place in a baking dish, handful chopped kale, olive oil & sea salt.

\* Slice fennel seriously thin and add to salad.

\* If any baby carrots wash scrub and cut in ½.

\* Instead of snap peas blanch broccoli.

dressing

\* Add 2 teaspoons ground ginger