



## 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  
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.



\* Instead of peas  
add roasted cauliflower.  
\* add some sautéed  
broccoli.  
\* make up Kale  
chips / salt / olive  
oil.