

SNOW PEA, SNAP PEA & FETA SALAD

Recipe by Kitchen Garden Foundation

Serves - 6

Ingredients

1 large handful (about 1 cup) of sugar snap peas, topped and tailed and strings removed
1 large handful (about 1 cup) of snow peas, topped and tailed and strings removed
1 L water
1 handful of mint, finely chopped
salt and pepper, to taste
100 g feta

Ingredients

1 garlic clove, peeled
1 tsp salt
2 tbsp lemon juice
1 tsp honey
¼ cup extra-virgin olive oil

METHOD

Bring water to boil in the saucepan.

Blanch the peas for 30 seconds. Drain and leave in the colander to cool.

To make the dressing, mash the garlic and salt with the mortar and pestle, add lemon juice and honey and whisk in olive oil.

Place cooled pea pods and mint in the mixing bowl and mix through carefully.

Add three-quarters of the dressing to the salad and toss.

Season to taste.

Place salad on the serving platter, crumble feta over the top and drizzle over the remaining dressing.

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