

Pea and mint dip

Makes 8 servings



Ingredients (allergens in bold)

- 450g frozen peas – defrosted (or fresh garden peas - boiled until soft and cooled)
- $\frac{1}{2}$ small red onion – peeled and finely chopped
- 1 garlic clove – peeled and crushed
- $\frac{1}{2}$ fresh red chilli – de-seeded and finely chopped
- 1 teaspoon ground cumin
- 10 mint leaves – finely chopped
- 6 tablespoons reduced fat **Greek yoghurt**
- 1 tablespoon olive oil
- freshly ground black pepper

Method

1. Place the defrosted peas (or cooked and cooled peas) in a food processor with the yoghurt and purée until smooth.
2. Transfer them to a mixing bowl and combine with the chopped onion, chopped mint, crushed garlic, chopped chilli, olive oil, ground cumin and black pepper (to taste).
3. Transfer to a serving dish and chill.
4. Serve with vegetable sticks and flatbread.



Equipment

- saucepan
- colander
- food processor
- vegetable knife
- chopping board
- mixing bowl
- teaspoon
- garlic crusher
- tablespoon
- serving dish
- food processor or blender

Recipe notes and 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.
- Choose the type of chilli carefully – a small bird's eye chilli will be very hot but a larger standard supermarket chilli is quite mild.
- Wear latex gloves to prepare the chilli to prevent your fingers burning.