

Snow Pea, Snap 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.

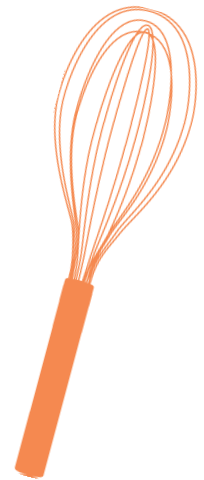
Equipment:

metric measuring scales, jug, cups
and spoons
medium saucepan
clean tea towel
chopping board
cook's knife
colander
mortar and pestle
whisk
large mixing bowl
mixing spoon
serving platter

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

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



What to do:

1. Bring water to boil in the saucepan.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Blanch the peas for 30 seconds. Drain and leave in the colander to cool.
4. To make the dressing, mash the garlic and salt with the mortar and pestle, 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 three-quarters of the dressing to the salad and toss.
7. Season to taste.
8. Place salad on the serving platter, crumble feta over the top and drizzle over the remaining dressing.

