



Cooking Made Easy

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An Inventive Springtime Pea and Mint Salad

The long saga of the pea continues... Many of you will know about the constant struggle between Patrick's love of peas and Luke's reluctance to pop them out of their pods (to be fair he has to pop peas by the tonne which wreaks havoc with his delicate hands). To that end Patrick has been getting inventive and asked the team down at Steve's leaves to send over their most spanking fresh pea shoots for a new recipe. This divine little recipe was the result!



30 min



healthy



veggie



gluten free



New Potatoes



Sugar Snap Peas



Wholegrain Mustard



Lemon



Pine Nuts



Mint



Pea Shoots & Baby Leaves



Goat's Cheese

Ingredients

	2P	4P
New Potatoes	1½ cups	3 cups
Sugar Snap Peas	1 cup	2 cups
Wholegrain Mustard 2	1 tsp	2 tsp
Lemon	½	1
Pine Nuts	1 tbsp	2 tbsp
Mint	3 tbsp	5 tbsp
Pea Shoots & Baby Leaves	1 cup	2 cups
Goat's Cheese 1	4 tbsp	8 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Mustard

Nutrition per serving: Calories: 455 kcal | Protein: 22 g | Carbs: 41 g | Fat: 23 g | Saturated Fat: 13 g



1 Bring a large pot of water to the boil with ¼ tsp of salt. Wash the new potatoes but leave the nutritious skin on. Cut the potatoes into eighths and cook in the boiling water for 10-15 mins until cooked through. Drain and allow to cool slightly.



2 Bring another pot of water to the boil with ¼ tsp of salt. Add the sugar snap peas and boil rapidly for 2 mins until al dente (which means they still have a bit of crunch to them). Immediately drain the sugar snap peas and put in a bowl of cold water to stop them overcooking.



3 Make a vinaigrette by mixing the wholegrain mustard with the juice from half the lemon and ¼ tsp of salt and some black pepper. Slowly mix in 2 tbsp of olive oil.

Tip: *If you have some, add ½ tsp of honey to the mustard or ½ tsp of sugar to sweeten the vinaigrette.*



4 Toast your pine nuts by putting them in a dry frying pan on a medium heat. **Tip:** *Watch them like an impatient driver watches a red traffic light, as they can burn easily.*

5 Roughly chop half of the mint leaves and leave the rest whole.

6 Mix the pea shoots, cooked potatoes, sugar snap peas, whole mint leaves and chopped mint. Pour over as much vinaigrette as you like (keep any remainder for future salads). **Tip:** *Try splitting some of the sugar snap peas in half for those extra presentation points!*

7 Divide the salad between your bowls ten crumble over the goat's cheese and sprinkle over the toasted pine nuts.