







More Than Food
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An Inventive Summertime Pea and Mint Salad

This little dish has summer written all over it and the flavour combos are just out of this world! Sugar snap peas, pine nuts and goat's cheese all in one dish ... what more could you want! We recommend eating this 'al fresco' with a cold glass of Pimm's (or lemonade if it's a school night).



30 mins



veggie



healthy



gluten free



New Potatoes
(1 pack)



Sugar Snap Peas
(1 pack)



Cider & Horseradish
Mustard (1 tsp)



Lemon
(½)



Pine Nuts
(1½ tbsps)



Mint (3 tbsps)



Pea Shoots
(1 bag)



Goat's Cheese
(1 log)

Ingredients

2 PEOPLE

ALLERGENS

New Potatoes, quartered	1 pack	
Sugar Snap Peas	1 pack	
Cider & Horseradish Mustard	1 tsp	Mustard, Sulphites
Lemon	½	
Pine Nuts	1½ tbsp	
Mint	3 tbsp	
Pea Shoots	1 bag	
Goat's Cheese	1 log	Milk

🥬 Our fruit and veggies may need a little wash before cooking!

Did you know...

The oldest pea was found in Thailand. It was 3000 years old!

Nutrition per serving: Calories: 490 kcal | Protein: 23 g | Carbs: 49 g | Fat: 23 g | Saturated Fat: 10 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 **new potatoes** into quarters 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 or ½ tsp of sugar to sweeten the vinaigrette.*



4 Toast the **pine nuts** by putting them in a dry frying pan on 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 together your **pea shoots**, cooked **new potatoes**, **sugar snap peas**, whole **mint leaves** and chopped **mint in a large bowl**. 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 then crumble over the **goat's cheese** and sprinkle over the toasted **pine nuts**.