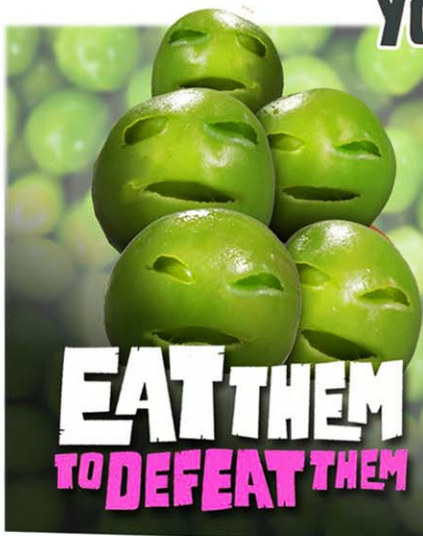


YOU'RE GOING DOWN!



**EAT THEM
TO DEFEAT THEM**



Pernicious Peas
with Mint, Lettuce
and Feta.



Hull **food**
PARTNERSHIP

hullfoodpartnership.org.uk/vegpower



Peas with lettuce, mint & feta cheese

INGREDIENTS

- 1 x Brown onion – finely diced
- 1 x Bag frozen peas (approx 700g-1kg)
- 1-2 x Gem lettuces – finely sliced
- 1-2 x Sprigs fresh mint leaves
finely sliced
- 150g x Feta cheese
- Sea salt & pepper
- 1 x Lemon – juice only
- 2 x Tablespoon butter
- Olive oil



Petrifying Peas with Mint, Lettuce and Feta.

1. Melt the butter in a pan over a medium heat. Slaughter the evil onions and cook them until they are soft and see through like a spooky ghost. (add a touch of water if they start to brown)
2. Add the bag of petrifying peas to the pan of veg. Stir in the peas to the onions, stir until they are tender but not mushy. (Tip: place a large pot lid or tray over the peas to steam them more evenly) cook until they can fight back no more.

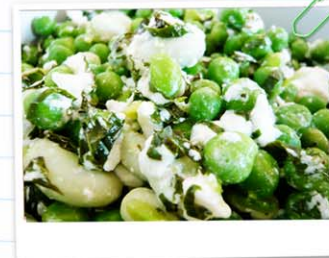
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3. Season the peas with salt and pepper to taste. Add the lettuce leaves and mint to the pan and cook till just wilting.

4. Remove the pan from the heat, place the veggies into a bowl. To ensure they are defeated squeeze over some stinging juice (lemon juice).

5. Add 2 tablespoons of olive oil and break up the feta over the top and season to taste.



Mmm... another great recip -pea!

