

Delicious Dinners

It's Pea-licious



Pea and Bacon Pasta

Ingredients:

300 grams spaghetti
200 grams frozen peas
½ lemon juiced
60 grams natural yoghurt
1 garlic clove
½ teaspoon dried herbs
60 grams bacon

Equipment:

Pans
Weighing Scales
Colander
Knife
Chopping Board
Hand blender
Spoon



Recipe:

1. Half fill two pans with water and bring to the boil.
2. Add the pasta to one pan and boil for 6 minutes or until soft.
3. Add the peas to the other pan and boil for 3 minutes.
4. Drain peas, cool by running under cold water - set aside.
5. Dice bacon.
6. Fry bacon with crushed garlic.
7. Add the natural yoghurt, lemon juice and dried herbs to the peas and blend using the hand blender (don't over-blend to a puree but leave with some texture).
8. Add pea mix to pancetta and garlic pan, gently heat.
9. Drain the pasta and add to pea sauce, stir.

Pea and Feta Omelette

Ingredients:

1 ½ cupfuls frozen peas
1 onion
½ teaspoon olive oil
½ block feta cheese
Small handful mint
2 eggs

Equipment:

Pan
Colander
Knife
Chopping board
Spoon
Bowl
Fork



Method:

1. Half fill the pan with water and bring to the boil.
2. Cook the peas in simmering water for 3 minutes or until tender then drain.
3. Cut onion and feta cheese into cubes. Finely chop the mint.
4. In the frying pan, over a medium heat, fry the onion until tender.
5. Lightly beat eggs in a small bowl using a fork.
6. Add the pea's feta and mint to the frying pan and quickly pour the eggs over.
7. Cook for a couple of minutes until the underside is set.
8. Place the frying pan under the grill until the top until it is set.
9. Cut in half and slide onto plates, serve with salad and toast mmmmmm!