



PEASOUP



INGREDIENTS

EVERYDAY FAVOURITES UNSALTED BUTTER: 10G

LARGE LEEK, TRIMMED AND THINLY SLICED: 1

CHICKEN OR VEGETABLE STOCK: 750ML

EVERYDAY FAVOURITES CHOICE PEAS: 600G

SUGAR: A PINCH

SALT & FRESHLY GROUND BLACK PEPPER TO SEASON

METHOD

1. MELT THE BUTTER IN A LARGE SAUCEPAN. ADD THE LEEK, COVER AND COOK OVER A LOW HEAT FOR 5 MINUTES. ADD 3 TBSP. WATER AND COOK GENTLY FOR 10 MORE MINUTES.
2. POUR THE STOCK OVER THE LEEKS, STIR, AND THEN COVER AND CONTINUE TO COOK GENTLY FOR 10 MINUTES.
3. PUT ASIDE A FEW PEAS FOR GARNISH, THEN TIP THE REST INTO THE PAN. ADD THE SUGAR AND HEAT FOR 5 MINUTES, WITHOUT BOILING; ALLOW COOLING SLIGHTLY, AND THEN TIPPING INTO A BLENDER OR FOOD PROCESSOR AND PURÉE UNTIL SMOOTH. SEASON TO TASTE. RETURN TO THE PAN AND REHEAT GENTLY.
4. GARNISH EACH SERVING WITH A SWIRL OF CREAM AND A FEW OF THE RESERVED PEAS.
5. SERVING SUGGESTION, ADD HAM.



SERVES
4

ST. PATRICK'S DAY
MAY THE
LUCK OF
THE IRISH BE
WITH YOU!
17TH MARCH



SERVES
4



PEA PESTO PASTA



INGREDIENTS

EVERYDAY FAVOURITES CHOICE PEAS: 250G
EVERYDAY FAVOURITES CHINESE PINE KERNELS: 50G
FRESH GARLIC: 2 CLOVES
PARMESAN STYLE VEGETARIAN HARD CHEESE WEDGES: 50G
FRESH MINT: 20G
EXTRA VIRGIN OLIVE OIL: 6 TBSP
TAGLIATELLE: 350G

METHOD

1. BOIL THE FROZEN PEAS FOR 2-3MINS UNTIL COOKED. DRAIN THE PEAS, RINSE WITH COLD WATER, THEN PAT DRY WITH KITCHEN ROLL OR A TEA TOWEL.
2. TOAST THE PINE NUTS IN A DRY FRYING PAN UNTIL THEY START TO COLOUR SLIGHTLY.
3. FINELY CHOP THE GARLIC CLOVES AND COARSELY GRATE THE PARMESAN, THEN ADD BOTH TO A FOOD PROCESSOR WITH THE TOASTED PINE NUTS, MINT, OLIVE OIL, AND COOKED PEAS. SEASON WITH SALT AND PEPPER, AND THEN GIVE IT A SHORT BLITZ SO THAT THE MIX RETAINS A ROUGH TEXTURE.
4. COOK THE TAGLIATELLE FOR 8-10 MINUTES UNTIL AL DENTE. DRAIN THE PASTA BUT KEEP SOME OF THE STARCHY WATER.
5. TO SERVE, MIX THE PEA PESTO WITH THE TAGLIATELLE, AND ADD TWO TABLE SPOONS OF PASTA WATER TO LOOSEN IT UP. SERVE IN PASTA BOWLS, WITH A FINAL DRIZZLE OF OLIVE OIL, A SPRINKLE OF MINT AND EXTRA PARMESAN SHAVINGS



SERVES
4





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