

AVOCADO & SWEET PEA SPREAD

INGREDIENTS

- Frozen peas, blanched for 5 minutes
- 1 clove garlic, minced
- 1 tbsp. mint, chopped
- 1 tsp. sugar
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 4 tsp. salt
- 1 tbsp. parsley, chopped
- ½ jalapeño, no stems or seeds
- 1 avocado
- Assorted vegetables



METHOD

1. Purée the blanched peas, mint, garlic, sugar, parsley and a touch of olive oil until almost smooth (leave a little chunky).
2. Add avocado.
3. Adjust seasoning with lemon, olive oil and salt.
4. Serve alongside vegetable crudite.

