

MINTED PEA DIP

HEALTHY
PICK



Makes 1 1/2 cups



Prep Time 10 minutes



Cook Time 5 minutes



INGREDIENTS

- 3 cups (375g) **Wattie's frozen Baby Peas**
- 1 Tbsp finely chopped red onion
- 2 Tbsp chopped mint
- ½ cup creme fraiche
- juice of half a lemon

METHOD

1. Put the **Wattie's frozen Baby Peas** in a microwave proof bowl. Cover and cook on high for 4-5 minutes, until just cooked. Place in a food processor.
2. Add red onion, mint and crème fraiche and process until smooth.
3. Season with salt, freshly ground black pepper and lemon juice. Chill before serving.

