

SNOW PEAS AND SUGAR SNAPS

EQUIPMENT

PARING KNIFE, MICRO-PLANE OR GRATER, MIXING BOWL

INGREDIENTS

100GM SNOW PEAS, 100GM SUGAR SNAPS, 30GM KNOB OF GINGER,
SOY SAUCE, OLIVE OIL, FRIED SHALLOTS

METHOD

CLEAN THE SNOW PEAS AND SUGAR SNAPS REMOVING THE STRINGY PART

PLACE ON A PERFORATED STEAM TRAY AND PUT INTO A PRE-HEATED OVEN ON STEAM SETTING 100 DEGREES FOR 5 MINS

INTO A MIXING BOWL GRATE PEELED GINGER ADD A SPLASH OF SOY AND OLIVE OIL

WHEN THE SNAPS AND PEAS ARE COOKED REMOVE AND ADD TO GINGER MIX, TOSS AND PUT IN A SERVING BOWL

TOP WITH FRIED SHALLOTS AND SERVE

HINTS & TIPS

- REMOVE THE "STRINGY" PART FROM THE PEAS AND SNAPS THIS MAKES THE MORE PALATABLE
- DON'T ADD ANY SALT AS THE SOY WORK AS THE SEASONING
- FRIED SHALLOTS ADD A BIT OF CRUNCH BUT CAN BE OMITTED