

FRENCH PEAS

EQUIPMENT

CHEF KNIFE, SMALL MIXING BOWLS, MEDIUM SIZE FRYPAN

INGREDIENTS

1 BUNCH DUTCH CARROTS, 150GM BABY PEAS, 1 GREEN OAK LETTUCE,
1 LARGE SLICED SHALLOT, 50GM FINELY SLICED BACON, 150GM CHICKEN STOCK,
60GM BUTTER, CHIVES, OLIVE OIL, SEA SALT

METHOD

SLICE THE CARROTS IN HALF LENGTHWAYS AND PLACE ON A PERFORATED TRAY AND IN A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 8 MINS

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT AND ADD A SPLASH OF OLIVE OIL AND A SMALL KNOB OF BUTTER AND COOK THE BACON UNTIL BEGINNING TO COLOUR

ONCE THE BACON HAS COLOURED ADD THE SHALLOT AND CONTINUE TO COOK FOR 2 MINS

REMOVE THE CARROTS AND ADD THE PEAS TO THE SAME TRAY AND RETURN TO THE OVEN AND STEAM FOR A FURTHER 2 MINS

ADD THE CHICKEN STOCK TO THE PAN AND LIGHTLY SEASON AND INCREASE THE STOVE TEMPERATURE TO HIGH

ONCE THE CARROTS AND PEAS ARE DONE ADD TO THE PAN AND COOK FOR A FURTHER 2 MINS

ADD THE LETTUCE AND REMAINING BUTTER AND COOK UNTIL JUST WILTED, FINISH WITH CHOPPED CHIVES AND SERVE

HINTS & TIPS

- THIS DISH WILL EVEN GET THE KIDS EATING PEAS
- IF FRESH PEAS ARE IN SEASON USE THEM BUT FROZEN PEAS ARE PROBABLY THE BEST FROZEN VEGETABLE THERE IS
- THIS CAN BE SERVED WITH CHICKEN, LAMB, BEEF OR EVEN FISH AS A WARM SIDE DISH WITH YOUR MAIN MEAL