



# Peas, Beetroot, Feta & Mint Salad

**Season:** Winter/Spring

**Serves:** 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** beetroot, garlic, lemon, mint, snow peas, sugar snap peas

Crisp green peas add a colourful and textural flourish to this classic combination of beetroot and feta.

## Equipment:

medium saucepan  
metric measuring jug  
and spoons  
clean tea towel  
chopping board  
cook's knife  
grater  
colander  
mortar and pestle  
whisk  
large mixing bowl  
mixing spoon  
serving platter

## Ingredients:

1 L water  
2 large handfuls of sugar snap peas  
(about 2 cups), topped and tailed  
and string removed  
2 large handfuls of snow peas  
(about 2 cups), topped and tailed  
and strings removed  
2 medium beetroot, grated  
1 handful of mint, finely chopped  
salt and pepper, to taste  
100 g feta

**For the dressing:**  
1 garlic clove, peeled  
1 tsp salt  
2 tbsp lemon juice  
1 tsp honey  
¼ cup extra-virgin olive oil



## What to do:

1. Bring water to boil in the saucepan.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Blanch peas for 30 seconds in the boiling water. Drain and leave in the colander to cool.
4. To make the dressing, mash garlic and salt with the mortar and pestle, then add lemon juice and honey and whisk in the olive oil.
5. Place the cooled pea pods, grated beetroot and mint in the mixing bowl and mix through carefully.
6. Add three-quarters of the dressing to the salad and toss.
7. Season to taste.
8. Place salad on your serving platter, crumble feta over the top and drizzle over the remaining dressing.

