

FRENCH-STYLE PEAS

by Alison Crouch

Ingredients

- 1 tbsp vegetable oil
- 1 garlic clove
- ½ onion, finely chopped
- 100g frozen peas
- 100ml vegetable stock
- 1 little gem lettuce, leaves separated
- Salt and pepper

Method

1. Heat the oil in a pan.
2. Fry the garlic and onion and cook gently for two minutes, then add peas and stock.
3. Simmer for 5 minutes to reduce.
4. Add the lettuce and simmer for one minute, season to taste with salt and ground black pepper.



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OUR THANKS TO ALISON CROUCH FOR THIS GUIDE.

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Registered charity 1015988 (England and Wales) & SC038924 (Scotland).
CS2665b_0720

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