



# Green pea dip

## (serves 6)

A delicious, easy-to-prepare light dip. An ingenious way to eat your “greens”. Try it with our green pea crispbreads A winning dish for any casual meal.

### Ingredients

240g of frozen peas, uncooked

½ onion, diced

70g low fat plain yoghurt

Juice of half a lime

1 clove of garlic

6 sprigs of fresh mint

1 teaspoon of cumin seeds

½ chilli pepper

½ teaspoon of dried coriander

Pinch of salt and pepper

### Method

1. Cook the peas according to packet instructions, then cool.
2. Place the peas and onion into a food processor and blend, a hand blender could also be used.
3. Add the yoghurt, mint and chilli and blend again.
4. Stir in all the other ingredients.
5. Spoon serving into a bowl and use as a spread or dip with nachos, crispbreads or crackers.

### Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	260kJ 61kcal	4.7g	0.8g	0.2g	9.8g	6.0g	3.7g	0.1g
Per 55g Serving	143kJ 34kcal	2.6g	0.4g	0.1g	5.4g	3.3g	2.0g	0.06g