Winter peas, beetroot, feta & mint salad

Season: Winter/Spring
Type: Salad
Difficulty: Easy
Serves: 12 tastes in the classroom or 6 serves at home

Fresh from the garden: beetroot, garlic, mint, snow peas, sugar snap peas
Recipe Source: Stephanie Alexander Kitchen Garden Foundation

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

Equipment:
medium saucepan
colander
chopping board and knife
clean tea towel
large mixing bowl
grater
mortar and pestle
whisk
serving platter

Ingredients:
1 large handful sugar snap peas
1 large handful snow peas
1 L water
1 small bunch mint
1 small beetroot
1 clove garlic
1 teaspoon salt
2 tablespoons lemon juice
1 teaspoon honey
1/4 cup extra virgin olive oil for dressing
salt and pepper to taste
100 g feta

What to do:
- Wash and de-string all the pea pods.
- Bring 1 L water to boil in the saucepan and blanch peas for 30 seconds. Drain and leave in a colander to cool.
- Set out the chopping board and knife. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
- Finely chop the mint and place in the large mixing bowl.
- Grate the beetroot.
- To make the dressing, mash garlic with salt using the mortar and pestle, add lemon juice and honey and whisk in olive oil.
- Add cooled pea pods and grated beetroot to the mint in the bowl and mix through carefully.
- Add 1/4 of the dressing to the salad and toss.
- Season to taste.
- Place salad on your serving platter, crumble feta over the top and drizzle over the remaining dressing.