



# PEA & LEMON BITES TOPPED CANAPES

**YIELD:**  
1 portion

**PREP TIME:**  
15 mins

**COOK TIME:**  
4 mins

## RECIPE:

4 x Strong Roots Smashed  
Pea & Lemon Bites

**Whipped ricotta**  
(makes 4 portions)  
200g ricotta  
50ml olive oil  
2 tbsp honey

20g chopped mint  
30g chopped parsley  
1 x lemon zested  
1 tbsp olive oil

## METHOD:

1. Fry Strong Roots Smashed Pea & Lemon Bites for 4 minutes at 175 degrees from frozen
2. For the whipped ricotta whisk ricotta and olive oil for 2 minutes until it's smooth and creamy
3. Stir together the mint, parsley, lemon zest, olive oil, and salt.  
Pour the herb mixture on top of the whipped ricotta
4. Top the Smashed Pea & Lemon Bites with honey, lemon zest and freshly ground black pepper as desired



WHERE

VEG EXCITEMENT

BEGINS