



PEA & LEMON SALAD

YIELD:
1 portion

PREP TIME:
20 mins

COOK TIME:
5 mins

INGREDIENTS:

5 x Strong Roots Smashed
Pea & Lemon Bites
Mixed dressed leaves
1 x sliced avocado
4 x cherry tomatoes
2 tbsp pink pickles

Small bunch pea shoots
1 tbsp toasted pine nuts
Balsamic drizzle

Pink pickles
2 red onions

150ml cider vinegar
150ml water
2 tbsp sugar
½ tsp salt
½ tsp mustard seeds
Bay leaf

METHOD:

1. Fry Strong Roots Smashed Pea & Lemon Bites for 4 minutes at 175 degrees from frozen
2. Toss mixed baby leaf salad in a little lemon juice, oil and salt
3. For the pink pickles – boil up the pickling solution of cider vinegar, salt, sugar and aromatics until dissolved. Slice red onion and pour over the boiling pickling solution and allow to cool
4. Slice avocado and halve vine ripened cherry tomatoes
5. Plate dressed leaves, Smashed Pea & Lemon Bites, tomatoes, avocado and pink pickles
6. Top with toasted pine nuts, fresh herbs, pea shoots and balsamic drizzle
7. Top with toasted pine nuts, fresh herbs, pea shoots and balsamic drizzle



WHERE

VEG EXCITEMENT

BEGINS