



PEA & LEMON BITES GREEN SALAD

YIELD:
1 portion

PREP TIME:
20 mins

COOK TIME:
10 mins

INGREDIENTS:

5 x Strong Roots Smashed
Pea & Lemon Bites
Dressed mixed leaves
3 spears griddled
sprouting broccoli
Small bunch pea shoots
8 leaves fresh mint

**Whipped feta and yoghurt
dressing** (4 portions)
200g feta
150g Greek yoghurt
2 tbsp olive oil
½ lemon zested

Beetroot salad (4 portions)
200g diced cooked
beetroot
1 x orange juice and zest

METHOD:

1. Fry Strong Roots Smashed Pea & Lemon Bites for 4 minutes at 175 degrees from frozen
2. For the whipped feta and yoghurt dressing - crumble feta, full fat natural yoghurt, olive oil and lemon zest into a bowl and whip until thick and smooth
3. Add diced beetroot and the juice and zest of the orange together
4. Plate mixed leaves, 2 tbsp of beetroot salad and griddled sprouting broccoli
5. Add Smashed Pea & Lemon Bites
6. Top with fresh herbs, pea shoots and fresh mint leaves
7. Drizzle with whipped feta dressing



WHERE

VEG EXCITEMENT

BEGINS