

Perfect Pea and Mint Dip

Ingredients

- 600g frozen peas
- 1 clove of garlic, whole
- 2 sprigs fresh mint
- 200g crème fraîche
- salt and freshly ground black pepper

Method

1. Cook the peas in a pan of lightly salted water with the garlic clove and mint sprigs for 5 minutes until tender.
2. Drain thoroughly, lift out the garlic and mint sprigs and place the drained peas in a food processor with the crème fraîche. Blend until almost smooth.
3. Return to a clean pan and heat through gently, then season to taste before serving.

