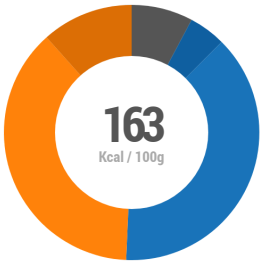
Smashed pea and lemon bites with vegan 'feta' dressing (website)

OVERVIEW ...





CALORIES:

42.9% Carbs

7.8% Protein

49.3% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:

MUSTARD

MAY CONTAIN:

OATS, WHEAT, BARLEY, RYE

OTHER PROPERTIES:

VEGETARIAN VEGAN

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
150210 Strong Roots Smashed Pea & Lemon Bites.. - 150210 SMASHED PEA & LEMON BITES	120g	1.2 x Each	*unchanged*
133531 Violife Greek Style White Block 200g.. - 133531 GREEK STYLE WHITE BLOCK	10g	0.05 x Each	*unchanged*
89712 Sysco Classic French Dressing.. FRENCH DRESSING	20ml		*unchanged*
123190 Green Courgettes BB.. - 123190 GREEN COURGETTES BB	50g	0.05 x Each	*unchanged*
89773 Prep Premium Lemon Infused Oil 1 Litre.. - 89773 LEMON INFUSED OIL 1 LITRE	5ml	0.01 x Each	*unchanged*
114218 Lemons.. LEMONS FRESH DIRECT	0.5g		*unchanged*

113875 Herb Bunched Dill.. - 113875 HERB BUNCHED DILL		2g	½ x Average Portion	N/A
113882 Premium Large Mint Bunch.. - 113882 PREMIUM LARGE MINT BUNCH FRESH DIRECT		2g	0.02 x Each	N/A
148955 Radish.. - 148955 RADISH		5g	0.02 x Each	unchanged

PRODUCTS / PACK SIZES ...

1 Serving

215g / 363kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Slice radish
Pick dill leaves
Pick mint leaves

Method:

1. Peel the courgette into ribbons, place in a bowl.
2. Add the picked dill and mint.
3. Add in the lemon juice and oil, mix well.
4. In a bowl grate the vegan feta and mix with the dressing.
5. In a deep fat fryer at 180oC cook the bites for 3-4 minutes - drain well.
6. Place the courgette salad into the centre of a dish and top with the bites.
7. Spoon the feta sauce over the dish and garnish with the radish and picked dill - serve!