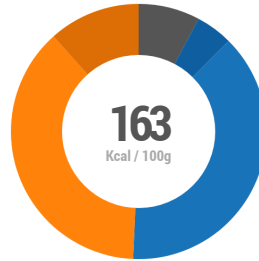


# Smashed pea and lemon bites with vegan 'feta' dressing (website)

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.. - BRAKES

150210 SMASHED PEA & LEMON BITES

**BRAKES** **120g**

**1.2 x Each**

*unchanged*

133531 Violife Greek Style White Block 200g.. - BRAKES

133531 GREEK STYLE WHITE BLOCK

**BRAKES** **10g**

**0.05 x Each**

*unchanged*

89712 Sysco Classic French Dressing..

FRENCH DRESSING

**BRAKES** **20ml**

*unchanged*

123190 Green Courgettes BB.. - BRAKES

123190 GREEN COURGETTES BB

**BRAKES** **50g**

**0.05 x Each**

*unchanged*

89773 Prep Premium Lemon Infused Oil 1 Litre.. - BRAKES

89773 LEMON INFUSED OIL 1 LITRE

**BRAKES** **5ml**

**0.01 x Each**

*unchanged*

114218 Lemons..

LEMONS FRESH DIRECT

**BRAKES** **0.5g**

*unchanged*

113875 Herb Bunched Dill.. - BRAKES

113875

HERB BUNCHED DILL

BRAKES

2g

½ x Average Portion

N/A

113882 Premium Large Mint Bunch.. - BRAKES

113882

PREMIUM LARGE MINT BUNCH FRESH DIRECT

BRAKES

2g

0.02 x Each

N/A

148955 Radish.. - BRAKES

148955

RADISH

BRAKES

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!